



Fun, Fitness, Friendship

May 2019

www.ava.org

CHECKPOINT



Awards and Recognition Celebration Highlights.

Friday June 14, 2019, 7-11pm.

Be sure to get your tickets for the Friday night Awards and Recognition dinner before they sell out!

The Keynote Address will be delivered by Honoree, Ms. Jadwiga Ziolkowski, Chief Executive Officer for Crazy Horse Memorial. Ms. Ziolkowski is the fourth child of Sculptor Korczak Ziolkowski and his wife Ruth. Don't forget to make the Crazy Horse Volksmarch a stop on your way to the convention June 1st and 2nd.



Entertainment will be provided by none other than the Multi Award Winning Elvis Tribute Artist, Travis Hudson! Best Elvis in 2017, 2018, and 2019 and a 2017 Semi Finalist around the world! Mr. Hudson attended the Crazy Horse Volksmarch when he was a child!

This convention event is selling out fast so don't be left out! Order your tickets today!



Come walk with the President of the AVA During the Convention!



The President's Walk will be Friday, June 14, 2019 at the Corning Preserve in Albany, NY. We are inviting local dignitaries, the media, and press to join us. If you are interested, please meet us at 8:45 a.m. at the Corning Preserve!

Publicity Contest

The AVA Publicity Contest winners will be announced Friday, June 14, 2019 during the Cocktail Hour preceding the Awards and Recognition Dinner. The announcement of winners will be 6:20 p.m. in the Mezzanine of the Red Lion Hotel. All other Award Winners will be announced during the Awards & Recognition Dinner. Be sure to attend and congratulate all the winners!

Important Deadlines for the June 2019 General Membership Meeting

May 13, 2019 (30 days before meeting): Officer's, Regional Director's and Committee written reports and supplemental documents for the NEC meeting 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](#)

All meetings will be at the:
Red Lion Hotel Albany
205 Wolf Road
Albany, NY 12205
(518) 458-7264

The AVA National Executive Council/Board meeting will be Tuesday, June 11, 2019, 7:00 – 10:00 p.m. in the Stonehenge D Room, Red Lion Convention Hotel.

The AVA National General Membership Meeting will be Wednesday, June 12, 2019. 3:30 – 5:30 p.m. in Stonehenge B & C Rooms AND on Friday, June 14, 2019 1:00 – 3:30 p.m. in Stonehenge B & C Rooms of the Red Lion Convention Hotel.

Club Development & Support Committee—John McClellan, Chair

State Organization Huddle at Convention

There will be an informal meeting of State Organization representatives, Regional Directors and AVA staff at this year's Biennial Convention in Albany, NY – on Thursday 13 June in the Capitol Room. The scheduled time right now is 5:00PM but check for any changes at the Convention during the week.

We hope to meet one another and talk about the future of the AVA and the important role of state organizations in our movement. Our 10 state organizations include about 60% of all our clubs and play a vital role in coordination, training, marketing and new club formation. Please bring your ideas and past successful strategies for growing volkssporting and sustaining strong clubs.

Club Presidents, delegates or members are welcome to attend as well.

Nancy Wittenberg, AVA Vice President and Fund Development Chair

Will you be an AVA Angel?

Have you been looking for something to invest in, to leave as a legacy? Planned giving provides the perfect opportunity for you to support the AVA into the future. Your gift can represent an investment in future event participants who can enjoy the fun, fitness and friendship the AVA is all about.

The AVA is announcing its planned giving program, **AVA's Angels**, at the Albany convention. In June you will find a link on the AVA's website with a brochure containing information and a form to use to inform AVA of your decision to include AVA in your estate plans. The AVA will want to make sure it is able to accept your gift.

Your planned gift would be created through an estate plan such as a will. The AVA would not receive full interest in the gift until sometime later. Please consult your attorney, tax accountant or other advisor about what would be best for you and fulfill your wishes. Types of deferred gifts include various kinds of trusts, life insurance and bequests of cash or securities through a will.

Please consider becoming one of **AVA's Angels**. We are planning a recognition for members of **AVA's Angels**.

Northeast Regional Director—Chris Mellen

As your club meets this month before June think about how your club and State Association can assist with the volunteers who have been meeting each month in New York and those clubs preparing pre and post convention walks. Pre registration deadline is this month on the AVA Website. There is a call for the Silent Auction, Volunteer for an hour or two, and many other tasks are needed to enjoy a fun filled convention. Let's not forget to [stock the walk boxes](#) for those travelling to and from convention. All conventions are accomplished by the many hands of our

HAVE YOU REGISTERED FOR CONVENTION YET?

What are you waiting for? **Sunday May 26**, is the last day to register by computer and mail. We'd love for you to experience something besides just the walks. Attending the workshops and General Membership Meetings are free and open to all. There is **still time to VOLUNTEER**.

Go to the AVA.org website or call **Chris Yost 518-377-3079**, or email cyost@nycap.rr.com. All the socials have a fee, but a great time to meet others in AVA.

Don't forget to order your **2019 Convention T Shirt**. **Deadline is this Friday, May 10th.**

[Click here](#)

<http://www.walkescv.org/ava2019convention/shirts.html>.

PLEASE CONTACT **BEV FELTT** if you are not purchasing from the convention registration form...THANKS

Convention Silent Auction Committee—Vera Weiss, Co-Chair

Albany Convention Silent Auction Information

This will be my last plea to all you great AVA members before our Albany Convention!

Many wonderful items have been promised to the Silent Auction and most will be brought to Albany instead of spending lots of money sending the donations to my home. Some of the items we have received so far for your bidding pleasure are:

A pair of running sneakers and a t-shirt worth \$145 x 2

Two nights stay at the Albany Red Lion Inn Hotel with breakfast but can't be used to pay for the Convention Hotel and/or expenses

3 nights stay at an ocean front apartment in Myrtle Beach during the period of Sept. 2019 to the end of April 2020

Two REI gift cards—one for \$75 and one for \$100

Three \$15 gift cards to Target (one S.A. item)

Vermont maple syrup

Various wines

Gift card to LLBean (a store a very short distance from the hotel!)

Two wall hangings with patches

A Vera Bradley tote bag with wallet and a polyester throw

Weekend Getaway package for the US Freedom Walk Festival in Oct. 2019

A Connecticut gift basket (wine, beer, chips, salsa, sweets)



AND many, many more wonderful items that are being donated by our very generous clubs and individual members!!

Monetary donations are also accepted. Checks should be made out to AVA and on the memo line, please put Silent Auction.

If you go to our Convention web page: <http://www.walkescv.org/ava2019convention/welcome.html>

you will see the words "Silent Auction Preview" where there are a few pictures of just some of our S.A. items we have received so far.

We are so thankful for whatever new items you can donate to our auction.

My husband, Marv, and I are looking forward to meeting AVA members from all over the country, Canada and even England.

We will see you in Albany around June 11th. Our S.A. room is HUGE so you will have lots of room and privacy to make your bids!!!

Convention Co-Chair—Lea Darling

Final Day to order Convention Merchandise is MAY 10.

If you want a commemorative 2019 AVA Convention T shirt, get your order in quickly so you too may wear it on, Friday, June 14 Wear your 2019 AVA Convention T shirt day.

A Variety of Workshops are Waiting for You to Take Part

The list of workshop offerings for this convention is extensive. Seating is limited so register to save your seat for the workshops. Some of the offerings are:

Marketing & Publicity Update

Igniting Community Interest in Volkssporting

MeetUp Basics

Erie Canal History

America Walks

All Things IT

Volksbiking

Nuts & Bolts of Clubs

Saratoga Battlefield History

AVA Operations

8,000 Mile Walk Around New York City

Stress Management

Why Should we Wear our Convention Badges All 3 Days of Convention?

This is your ticket to get on the bus, indicates your lunch food selections, ticket to socials, workshop picks, and most importantly, they introduce you to your fellow walkers and open up conversations to form new friendships. **Remember we will be recycling all badges and lanyards.** Look for baskets at the Red Lion Hotel registration, breakfast area and Hospitality table on Friday and Saturday to deposit them. Please take out your insert card for your memento.

All Thursday Saratoga Battlefield and Schuylerville walks will end up at the Old Saratoga American Legion in Schuylerville. This is also where we will be celebrating lunch with our catered BBQ lunch and the bus pickup back to the hotel. The Stewarts Shop in Schuylerville is offering to all walkers wearing their badges, a \$.99 (plus tax) ice cream cone. Advance registration for the BBQ lunch is a must on your preregistration form.

Theme T Shirt Walking Days throughout Convention

Let's show our AVA Nation Team Spirit! What in the Dickens does this mean? On Wednesday, wear your Club's t shirt, on Thursday, wear a Special Program t shirt, and on Friday, wear your 2019 Convention t shirt to show your AVA Nation Support and Love!

If you have a National Parks Passport Book be sure to bring to the Thursday, Saratoga National Battlefield Park walk. We have a special official stamp which has AVA Volkssporting on it along with the date and name of park. Be sure to get your stamp at Stop 9 in the park or at the hospitality table in the hotel.

Ordering Wednesday and Friday box lunches and Thursday's BBQ lunch must be done by **preregistering on your convention form**. This is a request from the hotel and catering staff. On Thursday, local Schuylerville restaurants are about a 1/2 mile from finish of the walk and then a 1/2 mile trek back to catch a bus to the hotel. Alternately, one can take the bus back and eat in the hotel or the many restaurants on Wolf Rd. Don't delay, get those lunches ordered.

Plan on Attending:

Meet the Candidates to hear who among the candidates thinks outside the box with new and thought provoking ideas that get you excited. Don't miss this informative forum on Thursday. Your delegate will be voting on Friday at the General Assembly.

NEC/BOARD Meeting on Tuesday evening to hear what is currently in the works to help make AVA a household word through publicity, growing clubs who want to put forth the effort, IT improvements, etc. Never a dull minute and very interesting.

GENERAL MEMBERSHIP MEETINGS will be held on both Wednesday and Friday. This is where there is some discussions where the floor is open on some items to the membership-your chance to voice your opinion, getting information out to the membership, voting, announcements of where the 2021 AVA National Convention will be, etc.

ALL ARE WARMLY WELCOMED AND ENCOURAGED TO ATTEND

Yellow Vests are where to turn when you have any kind of Convention questions or help in general: where to get the bus, what room is my workshop, what time is the General Assembly, who might give me a ride to a volksbike start point and bring me back to the hotel, where is the nurse, etc. These and more answers are yours for asking the folks wearing the Yellow Vests. If they don't know the answer, they will find it from someone else with a phone call.

Hospitality Table can be found in the Vendors area and will be a very busy place for a myriad of reasons:

+Convention information +Minimal First Aid needs +Accident Reports +Lost & Found +Garbage Bags +All 8 Convention Stamps & Patches(for purchase) +Two Bike & Swim registration/directions/Stamps +Special National Parks Passport Stamp +Bulletin Help Board to post messages for ride to bike start point, Betty Lou meet in lobby to go to dinner, etc., +Crazy Horse video showing throughout the day +Tuesday night 5k Guided Start Point/registration/Stamp to Operation at Ease fund raiser for veterans **TAKE A WALK, SUPPORT A VETERAN** and a Volkssporting information 2k walk for the public +Selling old Awards, patches and pins, +Meeting friends, +Stopping by to say hi to the volunteers, +Signing up to volunteer, etc..

Convention Committee—Chris Yost, Volunteer Coordinator

As we approach convention we find there are more and more jobs so more and more volunteers are needed. Won't you please consider helping out: selling AVA merchandise, marking and unmarking trails (Albany and Schuylerville), or becoming a parking ambassador (Saratoga Battlefield, Albany, Cooperstown). You will be the first to wear the new volunteer vests which will used at subsequent conventions and you will be thanked with a volunteer button which you can wear and keep. Please consider helping out!



More convention news!

Where are you coming from?

Find the Hospitality desk at the Red Lion Hotel during convention and let others know from where you are coming by placing an adhesive “dot” on the map. This makes a great photo op with you and others pointing to your “dot”. At the end of convention see what areas are represented. Who knows you might also see this at the next convention!

2019 AVA Convention Brought Me From...



Central Coast Beach Boardwalkers —Ty Fredriks , President

Central Coast Beach Boardwalkers Volksmarching/Walking Club

About Events Members Photos Discussions More

Group tools My profile

[← Back to group settings](#)

What's your Meetup Group about?

Topics **categorize** and **describe** what your Meetup Group is about in a word or two. Pick up to **15 topics** for your Meetup Group.

[Learn more about topics.](#)

Volksmarching

5 Meetup Groups worldwide (including yours!)

Fun Fitness & Friendship

1 Meetup Groups worldwide (including yours!)

Walking for Fitness and Socializing

56 Meetup Groups worldwide (including yours!)

Healthy Living

Why are topics important?

Well-picked topics help **the right members** find your Meetup Group.

Your Meetup Group will be **listed in our directory** under each topic you choose.

Suggested Topics

Suggestions are based on your Group's info and/or what other topics Meetup Groups like yours have added.

The Central Coast Beach Boardwalkers are giving Meetup a shot to attract new members, and it's starting to work! Our Public Group has 104 members that subscribe to our notices, and we have had five come to our monthly walks. Not the greatest percentage return, but five more than would have shown up otherwise!

When a new member joins Meetup, they activate their account by clicking on topics that they enjoy, whether it be Square Dancing, Dog Ownership, or Walking. Meetup Groups link their club with topics that members can search for areas of interest, similar to Tags in social media sites. The attached picture shows our club Topics Management page, and you can see there already is one for Volksmarching. We have added a new topic of Fun Fitness & Friendship, and would love for all of the AVA Clubs using Meetup to join us in promoting the good news of Volksmarching!

If any clubs need help finding that page or editing their Topics, please feel free to contact CCBB President Ty Fredriks at ty@beachboardwalkers.org. Looking forward to meeting everyone in Albany!

Training Development Committee—Tom Baltes, Chair

Convention Workshops

I recently submitted an updated schedule of workshops for the convention, as there have been several adjustments. If you checked it earlier and indicated interest in certain topics you'll want to cycle back to note the schedule changes. The biennial convention is a unique opportunity for our membership to learn from experts about a range of topics, from club operations to use of technology to grow our membership. This year we are particularly excited to have guest speakers, such as Dr Katherine Kraft, Executive Director of America Walks to talk about connecting with our communities and their template for walk audits. We also have Kevin Holtzclaw from GroupWorks to talk to us more about their free platform to help us improve our communications. And from the host club in New York we have some exciting speakers to talk about the history surrounding their communities and walk venues.

Next month we'll review the Annual Financial Report process and timeline for completion. It's not too early to start communicating between Treasurers, Presidents and club members who participate in your financial activities to prepare for your July reports. See you in New York!

AVA Programs—Debra Kruep, Chair



Fun, Fitness, Friendship

Regional Team Challenge

Last call! Join your regional team and walk your way through the AVA Regional Team Challenge. Each regional team, ten in all, is vying for bragging rights and the AVA Regional Team Challenge traveling trophy. It doesn't matter if your region is large or small; all teams have an equal chance of walking towards the elusive Traveling Trophy. This trophy will be awarded to the region that averages the most steps by the AVA Albany convention award dinner. Could this be your region?



Remember- you will need to sync or enter your steps before the awards dinner too be included in your region's total. The AVA President will announce the winner during the award banquet.

If you haven't registered and would like to be part of this first ever challenge go to the AVA website to enroll. Click on the Walkin' Canada logo and you will begin the enrollment process. It's just a few clicks. You receive both challenges and any additional challenges during 2019 for the \$22 fee. 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.

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

IT Committee—Chris Zegelin, Chair

The Online Start Box is moving to AVA

The AVA IT team will move the Online Start Box from cva4u.org (California Volkssport Assoc.) to "my.ava.org" in the very near future. This will require that we shut down the OSB for 5 days. There will be more details and dates published as we get closer.

This effort has required a fairly large rewrite of the OSB software to work well with other systems that are used by AVA. This includes participation and invoicing modules that will come on line in the next few months.

At the same time several improvements have been made.

- ⇒ We are changing our payment processor to use EVO. No more Paypal. EVO does a direct credit card transaction with no requirement to set up an account. This has been a constant concern for many people. EVO is very secure and has a very good reputation. EVO was selected by AVA HQ.
- ⇒ A simpler interaction when registering, downloading directions, and completing the event. I have paid a lot of attention to the way it works.
- ⇒ A new coupon system so that paying for the directions download is clearer. The coupon is automatically applied, so event credit is still \$3 as in the existing OSB, but how and when it is applied is better managed. For example, the coupon will now cross year boundaries.
- ⇒ The web interface is phone friendly. The pages work much better on a phone.
- ⇒ AVA will now handle the clubs OSB money. This will appear as a credit against participation fees owed. The money flow will be much easier to understand.

The major work has been to make sure that 100% of what you have done in the past is transferred across. Money, history, books, and insert cards will be accurately moved.

Your account information will also move. Your current login / password will work on the new site. For about 2 months, you will be able to login on the cva4u.org site and be automatically transferred to the new site at "my.ava.org". If you let your browser auto fill the login, you may have forgotten it. If so, go to "My Profile" on the new site and put in a new password, one that you can remember. That new password will now work exclusively on "my.ava.org". As a note, we heavily encrypt passwords and have no way to tell you what yours is.

This move will mark a major step forward for AVA IT. We are already looking at how we can link your awards to your "my.ava.org" account. Access to this information has been requested for a decade.

Happy trails... Chris Zegelin, AVA IT committee chair

An aside: The single biggest problem that we experience with user accounts is people signing up using a misspelled email address. There is no way that any computer can guess the correct address. So some things work, but account recovery certainly doesn't. If you suspect that this happened to you, contact me at it@ava.org using your correct email address and I will see if we can fix your account. No guarantees.

Balance Walking—Krin Patrie

Increase the Benefits of Walking

The subconscious mind does not like to share its control. I am grateful that I don't have to remember to take 23,000 breaths every day, but it is good to check-in with the breath. The same holds true for walking.

Who thinks they walk well? Most people don't think about walking, but that's a trick the subconscious mind plays. The subconscious will not allow the many jobs it does for the body to be questioned by your conscious thoughts. If you were not aware of this fact, just try to consciously think about each step. The subconscious mind will take over and your thoughts will wander. As long as you can get from point A to point B, you believe everything is fine. Take a minute to look in the mirror and do a gait analysis. You must look ahead to see your reflection, but how is your posture when you are outside walking or after walking for miles? It is important to walk often and walk far, but it is also important to walk in alignment.

Where did this walking issue begin? The resilient body will rob Peter to pay Paul. Your subconscious is like a computer and its focus is to keep you living, breathing and moving. If you have ever hurt your foot, even a tiny splinter can affect your gait. If there was a problem with the legs, hips or back you unknowingly compensated other parts of your body to keep walking. The splinter can be removed and the old injury may have healed but your body continues the walking pattern it adopted for you. There are many possibilities that could lead to your unique gait, even wearing a pair of shoes that didn't fit properly. It is hard to trace back to the trigger points, but you can now notice if you are favoring one side, pronating your feet, limping, etc. It is important to take the time to notice, because the subconscious does not correct the gait after the injured part has healed. The default system needs updates from your conscious mind to stay balanced.

What can improve my gait? Maintain healthy body alignment. If the spine is aligned the head will rest in the way it was designed to. For every inch the head moves forward on the shoulders, the weight increases by 10 pounds. That is a heavy bowling ball for your neck to carry around, but people keep looking down at the ground when walking. Texting puts about 40 pounds of pressure on the neck and shoulders. The subconscious never complains, it just keeps everything moving even if it causes problems. Watch James Bond walk into a room, his body in perfect alignment from head to toe and his relaxed arms swing confidently.

When can the subconscious brain upgrade? Any time you think about it. Your conscious thoughts understand all the benefits of walking well, but the subconscious only focuses on getting there. In order to reboot, you must think of each step until the subconscious feels how much better it is for the whole body when you are walking well. As soon as the subconscious feels more energy and muscles functioning without pain, it will update the operating system. Your new default will be walking well. If you struggle with remembering to consciously think of each step, Balance Walking can help you reboot your system. When you use Balance Walking, the body will effortlessly walk in perfect alignment. You don't have to consciously think about it and the subconscious will feel the body naturally lined up from head to toe. You are the upper management in there, get the subconscious working at peak performance.

Why take the time to work on this? When you walk in alignment, using your glutes to move you forward, you feel lighter and energized. When our bones are aligned our muscles are at their correct length, so the heart doesn't have to work as hard to force blood through tight muscles. When you start walking in alignment you will increase blood flow to all areas of the body. Don't let your subconscious sabotage your exercising efforts because if you are leaning forward while walking you are creating stress in the joints with every step you take. If those weren't enough good reasons to remember to walk well, know that aligning will engage your core muscles so that the feet and legs are not doing all the work, this makes exercise easy and enjoyable. See for yourself how easy it is to Reboot Your System to Walk Well. It only becomes a new good habit if you remember to do it, so start Balance Walking today and don't ever stop. .

Order Balance Walking Nordic Poles at <https://balancewalking.com/cart> use the code 'AVA' at check-out for AVA members to receive a 20% discount on all Balance Walking products and a donation to the American Volkssport Association.



America Walks—Kelsey Card

America Walks Brings Advocacy to AVA



At America Walks, we recognize that walking is one of life's greatest pleasures. The acts of walking and moving are at the foundation of who we are as humans, a timeless form of freedom that can't be matched. Beyond this freedom, there's any number of evidence-based health and social benefits that result from walking — heightened cognition, weight management, longevity, enhanced livability, increased connectedness, better moods, improved home values, better air quality. Unfortunately, serious safety, access, and equity

concerns stand in the way of many individuals and communities from being able to enjoy these benefits. No fact emphasizes this more than the fact that we are seeing a [historic and unprecedented rise in pedestrian fatalities and injuries across the US](#). The time to address this unwelcome trend, and the other barrier to having enjoyable places to walk and move, is now but we cannot do that without your help.

We're thrilled to partner with you, the avid walkers of AVA, to bolster the skills and understanding needed to make your walking paths safer for everyone. America Walks is hosting two workshops in Albany, New York, at the annual conference, where we'll dive into the details of how to perform a walking audit, run a successful campaign, pass people-first policies, and more. We'll work with you at the neighborhood level on how to frame your issue, tell your story, and outline the tactics toward tangible changes in building a more walkable community.

There are a number of ways we are operationalizing how best to put people first, [initiating time and context-sensitive safety changes](#) and resources in communities across the US. We focus on producing homegrown community change by [supporting communities](#) and [individual advocates](#) at the grassroots level. Our network of over 30,000 advocates are cultivating connections with policy makers, community leaders, and diverse partners, and developing priorities and policies catered to [communities that are particularly vulnerable](#) when it comes to pedestrian safety.

It takes a village to advance safe, equitable, accessible, and enjoyable places to walk and move. And that village is made up of [the individual advocates](#) who are passionate enough to steer and drive community change. At America Walks, your fight is our fight in the walking movement — to preserve the sanctity of the pleasure, the freedom and the right to walk and move safely in the places we live, work and play each day. We look forward to and are honored to work with you in the near future.

AVA National Office Team

Information and Technology Specialist—Hector Hernandez

Electronic Sanctioning Update

The sanctioning of our Year Round and Seasonal Events opens June 1. All sanctioned events appear on the AVA website where they can be viewed by seasoned Volkssporters as well as potential new participants.

Clubs have the responsibility of providing good information that will interest people in attending the event and enable them to get there. These events identified as Year Round or Seasonal (Begin February 1) during the identified sanctioning window are included in the Start Point Book published annually by AVA. Additional information may be entered from the Edit page and will appear on the AVA Events webpage only under Comments. This provides free information for the clubs and accuracy is important.

Walks to Remember

May might be here but the April showers will not go away. What walks are you missing out on? What walks are others missing out in your area? Share it with your friends and share it with AVA. If you need assistance marketing May/June 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.

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

Communications— Samanta Sanchez

Hooray for the AVA! \$80,077 Raised!

Our Big Give annual fundraiser campaign ended with a bang! This was our fifth year participating in the Big Give and it has been our most successful campaign to date. This year's goal was \$78,000 and thanks to our generous donors we managed to reach and surpass our goal. As of May 1, 2019, our community raised **\$80,077** to help continue the mission of America's Walking Club. We want to thank all our 511* Big Give donors. Your gifts reflect your kindness and most importantly, your love and support of our walking organization. From the bottom of our hearts, thank you!

*Number includes duplicate donors.

Congratulations to our AVA Prize winners!

Phyllis A. Olson, Tak K. Hui, Cynthia Mayfield, John Glass, Fred Pugh, & Leslie L. Stone have all won a free 2019 or 2020 Starting Point Book. The US Freedom Walk Festival & the Four-

Plus Foolhardy Folks were the lucky winners of a free sanctioned traditional event. Please expect an email from samanta@ava.org with instructions on how to redeem your prize. Our Grand Prize will be drawn during the 2019 Convention Awards Dinner on Friday night. Congratulations to all our winners!



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

Due to increasing postage / printing / paper costs, AVA merchandise prices and shipping costs will increase to cover the AVA's expenses. These increases will be updated on the website on July 1. Please contact erin@ava.org with any questions and concerns.

Per the Convention Committee, the deadline for ordering convention merchandise is May 10th. If you have not registered for the convention or would like to place an order, please visit my.ava.org and register by the deadline.

GOOD STANDING POLICY & DEADLINES - Convention 2021 – CITY, STATE:

The AVA Call to Convention and AVA Form 500 were mailed to the clubs in 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

AVA's Executive Director's Update—Henry Rosales

Thank You For Making A Difference!

I sincerely thank all of our Big Give Donors this year. We have exceeded our fundraising goal for the 3rd straight year! Special thanks to our online donors who helped us leverage an additional \$1,000 in prize money! We are definitely gaining regional name recognition through your efforts. When I attend community events in this area people advise they know about the AVA through the Big Give! Hopefully this converts into more participation! Together we will make this happen, one year at a time. Safe travels to Albany, NY! (More Big Give information will be released in the July Checkpoint.)

Publicity Committee Update

Thank you to all the clubs who submitted an event application to the Publicity Committee for marketing support. Although all events submitted have potential for growth, the committee has opted to select three at this time so we can begin the process and modify our strategies for the next round of applications. All applications received to date have not been omitted and will be considered during the next round of selections. Clubs may continue to submit applications through their Regional Directors for the next round of selections.

If you would like to learn more about the selection process, please attend our workshop at the convention. The Marketing and Publicity Committee workshop will be Wednesday, June 12, 2019 in the Stonehenge B & C Rooms.

A presentation will be made by our marketing firm, Mass Media, Inc. during the General Membership meeting on Friday, June 14, 2019, in the Stonehenge B & C rooms. Please join us for the update.

Congratulations to the following AVA Clubs on their selection this first round:

18th Annual US Freedom Walk Festival, US Freedom Walk Festival Club – October 18-21, 2019
Way of Lights Walk, Illinois Trekkers Club – November 25, 2019
Texas Trail Roundup, Texas Trail Roundup Club – February 21-23, 2020

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 ★

21st AVA CONVENTION - ALBANY, NEW YORK
WALK THRU HISTORY
JUNE 9-16, 2019

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

Convention Walks –
June 12th Cobleskill/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

18th US Annual FreedomWalk
Come Walk, Bike & Swim - Volksmarching at its BEST
October 18-20, 2019

**3 DAYS
6 TRAILS
BIKE - SWIM
VOLKSTRIATHALON
SOCIAL & DINNER**

WALK ARRLINGTON

stayArlington

AVA
Fun, Fitness, Friendship

Bike Arlington

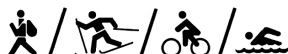
Click on image for more information

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