

Photo of a group from the Netherlands as they start the walk in Bandera. Others from their tour group were walking the Hill Country Natural Area Walk. Also in this photo are the Bandera walk POC, John Bohnert, and Mindy Bonewitz. — Photo submitted by David Bonewitz, PhD, AVA President



VOLUME 29, NUMBER 4



**AMERICA'S  
WALKING CLUB**  
— ESTABLISHED 1976 —

April 2020

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

# CHECKPOINT ✓

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## David Bonewitz, Ph.D.—AVA National President

### A Message from Our President

I hope that you and yours are staying healthy as the nation deals with this COVID-19 crisis. With the need for social distancing and the shutdown of other outlets, we still have a need for exercise, fresh air, and sunshine. While it appears that walking in ones neighborhood may remain an option even in areas that are otherwise shutdown, you must be sure to follow the directions of your local health and government officials. Most sources also advise that if you are sick or someone in your home is sick, stay inside and away from people. If you do go out to walk, be extra careful as an accident could send you to the emergency room which might bring more exposure to this virus. So, I encourage you to get some exercise, eat healthy, and maintain contact (albeit from a distance) with your friends. The AVA national leadership has been looking at options for providing encouragement to our members and the public. You will find some of those in this edition of the Checkpoint. As more are developed we'll let you know. These are crazy times, but we will get through them. Stay positive, and stay in touch with each other (from that appropriate social distance). Finally, even though The Big Give has been put on hold, consider sending a donation to AVA: America's Walking Club. This is still our one annual fundraiser, and I hope you will show your support. Do everything you can to stay healthy.

Happy trails,  
David Bonewitz, PhD  
President  
AVA: America's Walking Club

Rathgeber Village Walk—  
Volkssporters following the trail at the  
beginning of the walk.—Photo  
submitted by Martin Callahan.



## Board and Committee Deadlines

### Important Deadlines - July 2020 AVA National Board Meeting Update

Due to the adverse impact on AVA finances as a result of the COVID-19 virus, the AVA President has decided to **change** the scheduled “in person” meeting this July to an electronic meeting on the Microsoft TEAMS platform. Although the times have not been confirmed he has asked that board members keep the current dates and times blocked until the April board meeting when this can be discussed with all board members.

The July AVA Board of Directors meeting is scheduled for July 10-12, 2020. (Exact dates and times to be determined.)

## Call to Clubs for Agenda Items

**May 11, 2020 (60 days prior to meeting)**

Agenda items from Clubs, NEC Officers and Regional Directors are due to the AVA President, please email to [president@ava.org](mailto:president@ava.org) and copy [henry@ava.org](mailto:henry@ava.org)

[Click here for Agenda Items Form](#)

**May 26, 2020 (45 days prior to meeting)**

NEC meeting agenda is sent out to the Regional Directors.

**June 10, 2020 (30 days prior to meeting)**

All reports, with support documents, from Officers, Regional Directors, and Committee Chairs are due to the National Office. Email reports to [henry@ava.org](mailto:henry@ava.org)

[Click here for Officer Report Form](#)

[Click here for Committee Report Form](#)

**June 19, 2020 (21 days prior to meeting)**

NEC meeting packet with Agenda and all support documents are sent out to Officers and Regional Directors.

## Executive Director's Update—Henry Rosales

### AVA Operations Update

In effort to offset revenue losses as a consequence of COVID 19 Virus, the AVA National Office will continue to be closed on Fridays and operate remotely until further notice. No visitors will be allowed in the office without a scheduled appointment. We will do our best to

operate at full capacity while maintaining social distancing for the safety of our employees and visitors. The phones are still being answered Monday – Friday, 9am-5pm. Should you need to speak directly with someone in the office please email them and they will get in touch with you asap. You can also send general questions to Samanta at [sharewithus@ava.org](mailto:sharewithus@ava.org) and she will forward your message to the correct person. For a listing of AVA's employee contact info visit [ava.org](http://ava.org).

**At this time no decision has been made by the AVA Board of Directors when the AVA Event Suspension will be lifted. Please check the AVA website for updates.**

**Thank you to all who have contributed to the AVA's Big Give Emergency Relief. Funds will be used to keep the operation running during these difficult times.**

### Keep Exercising and Stay Healthy

AVA Members and their families are encouraged to exercise and stay healthy during these challenging times. If you do not want to venture outside your home you might consider signing up for the AVA's **new virtual online program** called **C-19**. This program allows participants to count and record steps for household activities. (For more information on this new program refer to the article by Jan Van Vlack below.)

Here is a list of options clubs and members can participate in to keep moving and stay healthy during the time being. Also, don't forget to check in regularly with family and friends via email, social media or the telephone to keep the Friendships going!

1. Utilize the Online Start Box to see if there is a walk in your area that you can remotely register for online.
2. Ask you Regional Director to sanction an RD walk in your local area.
3. Sign up for the Walker Tracker Appalachian Trail and utilize this virtual online system. This program is discounted at \$25.00 for a limited time.
4. Sign up for the NEW C-19 Activities Program in Walker Tracker and count your steps for household activities to include walking at home.
5. Walk Locally by sanctioning a walk in your neighborhood! (Refer to the article below by Tim Miner for full details)

## TAW SURVEY DEADLINE EXTENDED!

### Send your input.

As part of the AVA rebranding and marketing campaign the Publicity Committee is reviewing our National Publication, The American Wanderer (TAW). Your input is much appreciated to help us better understand how we should proceed with this national publication.

To share your input please complete the following short survey.

[Click here for survey.](#)



Northern Walnut Creek Trail Walk - From left to right, Charles Rogers, Teri Hughes, Sam Harris (in front of Terri), Barbara Byers, Doug Eide, Carol Obianwu, Gerda Geschke, Sandi Harris (in front of Gerda ) all members of the club working at the walk. —Photo submitted by Martin Callahan

### Keep Walking America: WALK LOCALLY and WALK VIRTUALLY

During these times when traveling is restricted, how can members of the AVA: America's Walking Club continue their IVV and personal goals? The AVA Programs Committee recommends two activities. "Walk Locally" in your neighborhood. "Walk Virtually" using the AVA's Virtual Online Program. (For information on the Virtual Online Programs refer to the article by Jan Van Vlack below.)

#### WALK LOCALLY

Even in the most restricted areas of the countries, civic leaders recognize the need to get outside and walk in the community while practicing safe social distancing. Members of the AVA and members of local clubs associated with the AVA can still reach their IVV program goals in their own neighborhoods. All it takes is to sanction a seasonal walk in your local community.

Members can work with their clubs or regional director to host a seasonal walking trail that begins on April 1, 2020, that goes right by their own front door. Plot out a ten-kilometer route in the local neighborhood. A five-kilometer trail done twice is also a simple solution. The trail can be available for three, six or nine months. Like every other sanctioned event, there is a small sanction fee and the three-dollar walking fee associated with these trails.

Normally, it takes 90 days to sanction an event, but in these times, the AVA leadership is flexible to make things happen and to keep America walking. The IVV stamp will arrive after April 1<sup>st</sup>, but that doesn't mean you can't walk now and stamp the logbooks once it appears. Just print out a log sheet and sign the waiver before leaving home.

Since this neighborhood walk will appear on the ESR register and will be "searchable" just like any other AVA trail, have a plan for helping others to discover your neighborhood.

#### Use either the "Online Start Box" protocol or "distance registration" through email and mail to manage these walks.

While the OSB frees you from all the administration of managing a walking trail, it does require you to have an individual account to register and pay for your own walking event. The OSB "help-line" staff can guide you through this process. Regional directors can also assist with the process after the event is sanctioned. You will need a complete map and set of directions to upload into the computer for others to access the trail.

**Distance registration** will require participants email the walk point of contact (POC) to request a start card that includes the waiver. Upon receipt of the signed waiver or proof of the signed waiver (this could be a picture or scan of the signed waiver) the walk POC will email the participant the walking directions and map. After the POC receives \$3 for each walker, the POC should send the number of stamped insert cards requested (for the Event, Distance, and Special Programs). For walkers who are cutting and pasting stamps into books, walkers might request all needed stamps be placed on the same insert card.

Adding a local neighborhood walk helps the AVA continue its needed cash flow of fees to support its work for us all. Whether sanctioning a new walk in your local neighborhood, or participating in the virtual trail program, every step helps America be better and more resilient during stressful times.

Keep walking, America. Every step counts. America's Walking Club is with you on this journey together.

## Virtual Online Programs—Jan Van Vlack

### Special C-19 Activities Program Starts April 6th

In an effort to stay healthy and active during the COVID-19 crisis, we are setting up a special version of the *Virtual Online Program (VOP)*, *The Appalachian Trail*, based solely on activities converted to steps beginning 4/6. How creative can you be? Since some activities, like bicycling, would convert to more steps than mopping or gardening, we decided to use an average of 2,500 converted steps/day.

Go for a bike ride... done for the day. Only mopped, gardened, or walked some stairs? Find something else to get your activity in. Play croquet with the grandkids, lift some weights, get the Wii out and bowl! Most anything and everything will count... so if you can't find it on the list, find something comparable. Let your imagination guide you. And if you do go for a Volkswalk, a walk around your block, or a walk in the park, that will also count as an activity!

We are trying to reach non-walkers and those who have had to cut back on walking because of social distancing and quarantines, but we think many of our current VOP Walkers will also want to join the fun. Unlike other additional Challenges, because the Special C-19 Activities Program will include a very special T-Shirt, there will be a charge for this Program. Due to increasing costs, we are asking for reimbursement for postage for T-Shirts.

**Here is the current (and creative) VOP pricing:**

\$35 - Current Walking Appalachian Trail Challenges, includes T-Shirt. Postage reimbursement appreciated.

\$25 - (limited time special), current Walking Appalachian Trail Challenges, no T-Shirt (unless purchased separately plus shipping).

\$30 - Special C-19 Activities Program for new VOP Appalachian Trail participants, includes Special C-19 T-Shirt, postage reimbursement expected. (Does not include walking versions of The Appalachian Trail Challenges).

\$15 - Have it all... Special C-19 Activities Challenge for current VOP Appalachian Trail walking participants, includes Special C-19 Activities T-Shirt and The Appalachian Trail T-Shirt. Postage reimbursement expected.

**Remember: The actual Appalachian Trail Volkswalk is currently closed. This may be the only way to “see” this wonderful trail this year! Join now, see as much as you can of the AT during this crisis, and if you don’t finish, you will still earn the Special T-Shirt while having fun. Sign up now so you won’t miss logging your Activities. The Challenge begins 4/6/20.**

Questions: Please post on The VOP Appalachian Trail Challenge for others to see, or email me at [vop@ava.org](mailto:vop@ava.org).

[Click here](#) to visit website and register.

Here is a list of VOP/C-19 Program activities, [click here for pdf](#).

**Communications— Samanta Sanchez**

**Book your 2021 reservations and say cheese!**

The 2021 Convention hotel has been booked! A block of rooms for our upcoming convention has been reserved at the beautiful Madison Concourse Hotel, located in the heart of downtown Madison. The AVA has blocked room nights for June 29 – July 3 at a discounted group rate of \$129 + tax per night (limit 2 people per room). Rates increase to \$139 for three guests per room night and \$149 for four guests per room night. Breakfast will be complimentary for AVA guests staying at this hotel Wednesday through Saturday only (limit of two complimentary breakfast per room). Additional breakfast can be purchased for \$8.00 per person. Parking for overnight guests is discounted at \$8 per night. Complimentary airport shuttle is included with your stay, along with a spectacular view of downtown Madison. To make your reservations please dial (800) 356-8293 and ask for the AVA 2021 Biennial Convention block to get the discounted rate or make your reservations online by visiting <https://reservations.travelclick.com/6388?groupID=2812872>. The Madison Concourse Hotel is the place to stay when visiting Wisconsin, don’t miss out on this great rate!

The Madison Concourse Hotel  
One West Dayton St.  
Madison, WI 53703

Convention workshops and the General Membership meeting will be hosted in the Monona Terrace Community & Convention Center located at One John Nolen Drive, Madison, WI 5370.



View from The Madison Concourse Hotel



Monona Terrace Community & Convention Center



**#KeepAVAonitsfeet**

Many of you have reached out asking how you can support the AVA during these challenging times. We are truly fortunate and grateful to count on such an amazing group of people. The best way to support the AVA during this time is by making a contribution to our Big Give fundraising campaign. These are difficult times and we are especially concerned for the community we serve. Your wellness is our priority and we want to continue to serve you for many years to come. Right now, we’re doing everything possible to sustain daily operations and provide services to our community. However, cancellation of events during our busiest time of the year is significantly impacting our budget. Now more than ever, the AVA needs your support. If you’re able to, please consider donating to our annual fundraiser, the Big Give. To donate, mail your check to the American Volkssport Association: 1001 Pat Booker Rd, Ste 101,

Universal City, TX 78148 or make an online donation to our AVA page by visiting <https://www.thebiggivesa.org/organizations/american-volkssport-association-inc> now through September 10, 2020. As you now know, the Big Give organizers pushed the main online giving day to September 10, 2020. If you wish to donate online, you may do so now or donate on September 10 to help us leverage additional Big Give prize money. Every gift matters. Help keep AVA on its feet. Thank you!

## Big Give Committee Member—Bob Hall

The watch word of America's Walking Club this year is "Walk Long, Stay Strong." This provided the motivation for several of our members to reach out to friends, family, and acquaintances to encourage them to join the walking community, and to support us in our mission to help members live longer, healthier lives.

I recently completed a 208 km walk-a-thon in 8 days with my Giant Schnauzer, Panda, to raise awareness of the benefits of walking. In the process, I raised over \$1,000 in pledges and donations for America's Walking Club as part of the annual fund drive. I called the effort the "Give-a-Woof" Walk-a-Thon!

A funny thing happened in the middle of the fund raising campaign: COVID-19 resulted in a nation-wide effort to avoid gathering in groups, as walkers typically do, to "flatten the curve" and starve the virus of unwitting victims. This put a bit of a damper on our group walking efforts.

Nevertheless, Panda and I managed to pull off the planned 8 day "Give-a-Woof" Walk-a-Thon to raise awareness and raise money to support the AVA. Along the way, I was accompanied by Tom and Louise Baltes, Regional Director for the Pacific Northwest, and Pat Jewett, Publicity Committee member for AVA.

[Click this link](#) see the results, a fascinating day-by day synopsis of how things went, with pictures of the scenery and how the evolving uncertainty raised by the virus was overcome, all leading to a successful campaign.

It's not too late to pledge and donate. You can access the webpage to make donations by clicking here: <https://www.thebiggivesa.org/p2p/118988/robert-hall-ee79f1a8-c103-453b-8f30-6404edc0ee38>, or by sending your generous check to the American Volkssport Association and marked "Give-A-Woof" in the comments to give the credit to Panda, who walked every step and wanted more!

Panda says "Woof!"

(PS. the information can also be found on the All Weather Walkers webpage: <https://allweatherwalkers.weebly.com/fundraisers> )



Click on image to view a message from John Ives, member of the Texas Trail Roundup and Roadrunners.

## Program Development & Outreach—Emily Chetwood

### Element3 Update

Now more than ever, we need to be intentional with our steps. The AVA: America's Walking Club & Element3 Health Program is being refocused to support these efforts. We hope everyone is staying safe by sheltering in place and that you all are also making time to stay active in place. Physical activity of any kind is so beneficial to the body and the mind. For now, here are links to two updated documents on the program. Please read the Guidelines first and then check out the Frequently Asked Questions. I will be adding more questions and answers as we go! Take this time to prepare along with us for this program, until the next update....

Stay Safe, Stay Caring

[Click here for pdf of Guidelines and Frequently Asked Questions.](#)

Click on the link to view an article on how to stay physically and mentally active during self-isolation. [Click here](#) to see article by Good Housekeeping.



## Club Treasurers - 1<sup>st</sup> Quarter Participation Reporting

Due to COVID-19 and the lack of access to many of our walk boxes, we will need to adjust our quarterly reporting requirements for the 1<sup>st</sup> Quarter 2020. With requests “to stay in place”, “maintain social distance”, and restrictions put on non-essential businesses, I believe that we are all doing the very best that we can do. While we absolutely appreciate clubs that can file their reports doing so as quickly as possible; we certainly understand that there will be some clubs that simply cannot get access to their walk boxes. Our solution is to have clubs report based on checks or payments that they have already received and/or estimate the number of participants. It may be helpful to look at last year’s number of event participants to come up with an estimate for this year. These estimated numbers can then be adjusted to actual numbers as we are able to get out to walk boxes. Any credits or additional charges will be processed as quickly as we are notified by clubs. There will be no late fees charged for first quarter reporting. The goal is to work together to maintain the success of the AVA and all our clubs, to support one another, and hope that we can get back to our business of walking and maintaining our health.

## General Exemption Certificate Letters

General Exemption Certificate Letters for all clubs under the AVA’s IRS tax exemption will be sent out no later than Friday, April 3<sup>rd</sup>. If you are expecting a letter and do not receive one, please contact me. I have noticed that the postal service is running a bit slower than normal. I am happy to resend the letter and/or send an electronic copy.

## Clubs - Change of Fiscal Year from June 30<sup>th</sup> to December 31<sup>st</sup>.

If you are planning on changing your fiscal year from June 30<sup>th</sup> to December 31<sup>st</sup>, now is a great time to do it. I am including highlighted copies of both the 990-EZ and the Schedule A. The 990-EZ requires the entire form to be completed while only the highlighted areas on the Schedule A require completion. Please contact me if you have any questions or need help completing the forms. I am happy to walk you through both forms. It isn’t as hard as it looks (though it looks pretty bad!). Send me an email and your phone number and we can arrange a time to do it together. These original forms can be found on IRS.gov. Use the search bar to print or download fillable forms (these forms to the right are just samples).



IRS FORM 990 EZ (1).pdf



IRS SCHEDULE A FOR FROM 990-EZ (

The AVA National Office staff is now working almost 100% from home. However, I am always happy to help in any way possible. Please feel free to email me and/or your number and we can schedule a time chat.

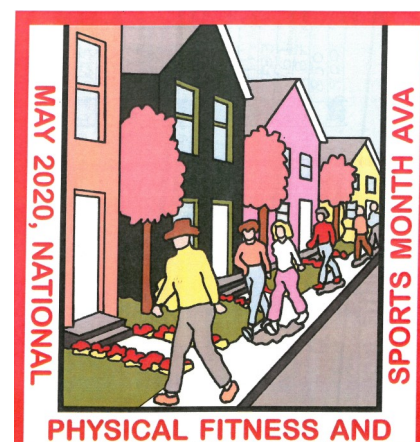
## Accounting Specialist—Marian DeVaul

### May 2020 National Physical Fitness & Sports Month Patch

We are currently taking orders for the 2020 May National Physical Fitness Patches. People are still walking, even if it’s just around their neighborhood block.

We also have heavy participation in the Virtual Online Program. There are still plenty of walkers who would love to purchase a patch.

Clubs can order patches by filling out and returning this form to AVA national headquarters no later than April 20, 2020. Supplies are limited, so orders will be filled on a first come, first served basis. Clubs may place reorders until supply is exhausted. Don’t miss the chance to offer this collectible patch to walk participants. \$2.50 each to clubs includes shipping. Mail form to AVA, 1001 Pat Booker Rd, Suite 101, Universal City, TX 78148, or fax form to 210-659-1212. You may also place your order by emailing this form to [marian@ava.org](mailto:marian@ava.org).



Click on image of the May 2020 National Physical Fitness patch for order form.

## Peggy Watts, GDMVA, Iowa’s Walking Club

### Postponed Park Events

Greetings walk buddies!! Suzybelle here. I hope you are all in good health and using best practices to stay that way. My herd and I are practicing social distancing, we're spread out all over the pasture. I've been washing my hooves thoroughly for at least 20 seconds and keep hoof sanitizer handy!! And really pretty much keep to my pasture. A little caution makes a world of difference. It's been a crazy couple of weeks for all of us, with so much still to be figured out. But it all will be figured out!! I've been telling you about the fun state park walks we've planned here in Iowa to celebrate our state park centennial. The walks will be available for anyone to walk starting May

1st, but for now we are postponing any planned special events, including our kick-off weekend May 1 -3. It's a wait and see time for all of us.

Watch The American Wanderer and The Checkpoint for more information on the Walk 20 Parks in 2020 program. For additional information visit the Iowa's Walking Club website, [lowaswalkingclub.org](http://lowaswalkingclub.org) or the Nebraska Trailblazers website, [netrailblazers.club](http://netrailblazers.club). Questions – [walk20in20@gmail.com](mailto:walk20in20@gmail.com).

## AVA Convention Committee —Jerry Wilson, Chair

### Proposals to Host the 2023 AVA Biennial Convention

The 2023 AVA Biennial Convention application process is on hold. This is a result of the recently announced postponement of the IVV Congress until October 2020. The AVA has a bid pending to host the 2023 IVV Olympiad and should that bid win approval it is believed holding both a 2023 biennial convention and the 2023 IVV Olympiad would make it difficult for members to attend two events, both for travel time and cost reasons.

Should the US win the 2023 Olympiad bid a National AVA Meeting will be added to the event to fulfill AVA bylaws requirements. In this event no AVA Biennial Convention bid would be entertained for 2023, but rather for the next convention.

Should the US not win the 2023 Olympiad, applications will be requested to host the 2023 AVA Biennial Convention. An announcement, one way or the other will be made public on or around October 11, 2021.



Click image to view our new 2021 AVA Convention page for all you news, updates on events and registration information.

[Click here](#) for Convention survey.

## IT Committee—Jeff Giddings

### Upcoming Traditional Events

Have you ever wondered what Traditional Events (TEs) are coming up this week, this month, or longer? How about wondering what TEs are coming up in your state or nearby states? Does your club or state association or Regional Director keep a calendar of upcoming TEs?

Well, now you can go to <https://my.ava.org/find-an-event.php> and click on the Traditional Events List button in the upper-right area of the page. Once you are on the Traditional Events List page, you are presented with a couple of options to generate or filter the list. On the left, is the time period that you wish to be displayed and on the right is the AVA Region that you are interested in displaying. The “Submit” button will activate the filters you choose. Please remember that this list contains only the events that have been sanctioned. If an event has just been sanctioned, then it may not show up here. Come back in a couple of days and it should be here.

View Event	Start - End Date	Type	Trail Rating	City, State	Event Name	Club
<a href="#">View</a>	07	Walk	2A	Omaha, NE	Winter - B - Gone Soup Walk	Nebraska Wander Freunde Trailblazers
<a href="#">View</a>	07	Walk	1A	Orlando, FL	Avalon Park	Mid-Florida Milers Walking Club
This development is east of FL 417 (Greenway) and south of FL 50 (Colonial). A town center and various residential layouts around many lakes include shaded and some wide trails for great walking.						
<a href="#">View</a>	07	Walk	1A	Boerne, TX	TVA Weekend	Randolph Roadrunners
<a href="#">View</a>	07	Walk	2C	Birmingham, AL	Red Mountain Park	Capital City Wanderers
<a href="#">View</a>	14	Walk	1A	Beaverton, OR	St. Patrick's Teddy Bear	Cedar Milers
<a href="#">View</a>	14	Walk	1A	St Paul, MN	St. Paul YMCA Skyways Walk	Twin Cities Volkssport
<a href="#">View</a>	14	Walk	1A	Sacramento, CA	Pi Day!	Sacramento Walking Sticks
<a href="#">View</a>	14	Walk	1A	O'Fallon, IL	Bunny Hop(Breakfast)Walk	Gateway Milers NFP
<a href="#">View</a>	14	Walk	1A	Paul's Valley, OK	Paul's Valley walk	Wandergruppe Walking Club
<a href="#">View</a>	14	Walk	1B	Colorado Springs, CO	St. Patrick's Day walk	Falcon Wanderers
<a href="#">View</a>	14	Walk	3C	North of Phoenix, AZ	Pi Day	Saguaro Sun Striders
<a href="#">View</a>	14	Walk	2B	Aledo, TX	Parks of Aledo Trails	Tarrant County Walkers
<a href="#">View</a>	14	Walk		Llano, TX		Volkssportverein Frindrichsburg
<a href="#">View</a>	14	Walk	1A	Baytown, TX	Nature Center	Houston Happy Hikers

Click on image to view full informational article.

## Southeast Regional Director—John McClellan

### Celebrating Marvin Stokes

Friends and fellow Volkssporters,

It is with great sadness that I must report the passing of Marvin Stokes, a Life Member of the American Volkssport Association; former AVA Vice President and Southeast Regional Director, and former President of the Happy Wanderers Walking Club of Port Orange, FL. Marvin passed away on Sunday 29 March after a long series of health issues. His death was not related to the current COVID-19 pandemic. Marvin was 82.



A retired United States Army Lieutenant Colonel and aviation officer with 26 years as a helicopter pilot including three combat tours in Vietnam, Marvin's love of volkssporting began in 1974 while serving in Germany and continued through his retirement, as he joined the Happy Wanderers in 1995 and served as co-President from 2001 to 2011. Marvin worked as a travel agent in retirement and organized numerous bus trips for the Happy Wanderers including several mega-event weekends in Savannah, an Alaska trip, Walk-Around-Florida (s), and an Alpine Europe trip in 2000.

Marvin is survived by his wife, Tina who shared at this time funeral arrangements are pending until after the pandemic.

If you wish to send Tina a card, you may mail it to:

Tina Stokes  
2975 Wild Pecan Court  
Port Orange, FL 32129

**Support Our National and International Friends**

**International**

**October 29—November 2, 2021 17th IVV Olympiad Seoul, Korea 2021**

Click on images to enlarge.

[Click here for more information.](#)

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**Ladies and Gentlemen,**

**IVV Austria has announced that a decision on the implementation of the IVV Europiad in Sillian will be made by IVV Europe, IVV Austria and the tourism association on April 30, 2020.**

**Kind regards**

**Tanja Müller  
IVV Head Office**



**35th Annual Spring  
Volksmarch  
June 6-7, 2020**



***No decision has been made at this time whether or not the June Crazy Horse event will be cancelled or postponed. A decision will not be made until May 1, 2020. For updated information on Crazy Horse please visit the website by clicking the image below.***

## Walking, Moving and Connection in a Time of Social Distance

At America Walks we know that it's been a trying time out there for all of you. We are grateful to still have one of the most important things available to us as a tool for navigating our physical, emotional, and communal health in the face of our current situation - walking and moving (at safe social distances of at least 6 feet).

Walking and safe places to walk - we need them now more than ever. As parks close, using our sidewalks is one of the few ways we can continue to be active and manage stress. We are delighted by the stories that we are reading about how families and communities are connecting during this time of social distancing through walking and moving, finding creative and safe ways to take back their streets.

The support continues for the walking movement across the country, from the [Rainbow Walks](#) that have popped up in various neighborhoods, to [GirlTrek's Solo Trek challenge](#), to the collective realization that walking and other forms of active transportation may be one of the safest and healthiest modes of travel for yet another reason.

At the same time, we recognize that barriers to walking and moving are highlighted in these challenging moments. Too many communities lack access to safe and inclusive conditions that prioritize people who walk. We are still working tirelessly to support the work that changes this.

On the blog, read more on why we think social distance walks are an essential activity right now and borrow from our list of ideas and resources for how to navigate self care through walking.

Click on image to see America Walks blog.

**Checkpoint Available Via Email to All Club Members Who Request It**

To receive an electronic copy of the Checkpoint send your request to Hector at [hector@ava.org](mailto:hector@ava.org). Please note on the subject line: Request for Checkpoint.

Reminder: The National Office is closed at 1:30pm every first Friday of the month for employee development.



*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 [Message US](#)