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Trees beautifully decorated with Christmas lights visible ahead on the trail along the river. - Photo Submitted by Martin Callahan

## The IVV Olympiad

is coming to San Antonio, Texas  
February 2023!

Stay tuned to the AVA *Checkpoint* for updates!

**STAY TUNED  
FOR UPDATES!**

## EXECUTIVE DIRECTOR'S UPDATE - HENRY ROSALES

### SPECIAL GENERAL MEMBERSHIP MEETING MARCH 15, 2021-7:00 P.M. CENTRAL

Official notice of a Special General Membership Meeting was announced in the January Checkpoint and notice of this meeting was also emailed to all club officers on January 11, 2020. The sole purpose of this meeting will be to vote up-or-down on the Revision of the AVA's Articles of Incorporation (Certificate of Formation) and Bylaws. These revisions have been approved by the AVA Board of Directors and were drafted and recommended by the AVA's legal counsel.

### **PLEASE REVIEW BEFORE SPECIAL GENERAL MEMBERSHIP MEETING**

Summary of Proposed Amendments to Bylaws

Final Draft of AVA Bylaws

Final Draft of Certificate of Formation

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22<sup>ND</sup> AVA BIENNIAL CONVENTION  
MADISON, WI | JUNE 26 - JULY 3, 2021

1. Host the Convention in June as scheduled
2. Postpone the Convention to a later date this year
3. Cancel the Convention
4. Host a Virtual Convention and Membership Meeting

We would like to know what your thoughts are! Please send comments to Jerry Wilson, Convention Committee Chair, at [convention@ava.org](mailto:convention@ava.org).

## SPECIAL PROGRAMS CHAIR - TIM MINER

### MONTHLY WEBINARS - NATIONAL WALKING WEEK: APRIL 1-7, 2021

You are invited to a Zoom meeting.

When: Feb 16, 2021 08:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/joining/register/tZlSfumvpzkjHNSuOckelMrx9uu2z6DxaiFA>

After registering, you will receive a confirmation email containing information about joining the meeting.



## AVA VIRTUAL PROGRAMS ADMINISTRATOR - JAN VAN VLACK

### CALLING FOR VOLKSWALK INFO ON ROUTE 66!



Since Quarter 4 of VOP 2021: A New Adventure Every Quarter is along Route 66, let's personalize it with info on our Volkswalks along the way. If you have a Volkswalk in your area that is along or crosses Route 66, please send a little blurb about the walk with the City/State and a picture to Jan at [vop@ava.org](mailto:vop@ava.org), and she will get it added to the Route. As we pass those points on the VOP Challenge, we will learn about the Volkswalks along the way, making our version of this challenge more interesting, informative, and applicable.

Please email to [vop@ava.org](mailto:vop@ava.org).

### VOP 2021: A NEW ADVENTURE EVERY QUARTER



The First Quarter of the exciting 2021 VOP Challenges is going strong with 250 paid members! It isn't too late to join the fun. The Registration Link is: [http://cb.ava.org/2021\\_VOP.php](http://cb.ava.org/2021_VOP.php)

Cost for the entire year:

\$35.00/no T-Shirt, or

\$41.00 (plus shipping)/includes T-Shirt

Qtr 1: Kindness Around the Globe

Qtr 2: National Parks of America

Qtr 3: Global Cuisine

Qtr 4: Get Fit on Route 66



## 2021 REGIONAL TRAVELING TROPHY

Once you begin the exciting **2021 AVA Virtual Walking Program**, be sure to join your Region's Team so your steps will count for your region in the **Regional Traveling Trophy Challenge**.

## CONVENTION COMMITTEE - JERRY WILSON, CHAIR

### AVA CONVENTIONS AND THE 2023 OLYMPIAD

The 2023 IVV Olympiad has been awarded to the AVA. This is a major step in being further recognized worldwide. The IVV Olympiad takes place every two years in an IVV member country. The IVV Olympiad includes walking, swimming, and cycling, and additional types of Volkssport events. The supporting program offers participants many opportunities to make and cultivate international friendships in a harmonious atmosphere. The 2023 IVV Olympiad in San Antonio, TX will be the 18th international event held, following the rescheduled 17th IVV Olympiad in South Korea during October 2022.

With the awarding of the 2023 IVV Olympiad the AVA National Board voted in January to not hold a 2023 AVA Biennial Convention and instead convene a national general membership meeting on a convenient 2023 date, a meeting held in accordance with association bylaws. This move is deemed necessary to provide for robust AVA member attendance at the 2023 IVV Olympiad. This allows National Office to better focus on coordinating the Olympiad while not pressing potential attendees to travel for two separate national events or travel for a greatly extended time period away from home. To this end 2023 convention hosting applications will not be entertained.

The 2021 AVA Biennial Convention continues to be planned for June 29 - July 2, with pre-convention events June 26 - 29, and post-convention events on July 3. Online registration is open, please see the AVA website front page. While registering be sure to follow links to the Silent Auction to enter your donation for public auction, and to volunteer to support convention delivery. The AVA Convention Committee is keeping a close eye on COVID-19 conditions and requirements in Madison, WI. The National Board in March 2021 will revisit convention plans to determine what health considerations need be adhered to, including but not anticipating, canceling the Convention, unless absolutely necessary. With an abundance of caution we approach the 2021 AVA Biennial Convention.

## COMMUNICATIONS - SAMANTA SANCHEZ

### PACK YOUR BAGS AND BOOK YOUR STAY AT THE SHERATON HOTEL!

The Madison Concourse Hotel in Madison, WI is almost completely booked! We are excited and happy to learn that we will see many of you at the 2021 AVA Convention. If you plan to attend our convention and have not made your hotel reservations yet, consider staying at the Sheraton Madison Hotel, located just a short drive from the Monona Terrace Convention Center and downtown Madison. The AVA has secured a second block of rooms at a discounted group rate of \$114 per night. Please note, the Sheraton is not a full-service hotel and continental breakfast will not be included. Complimentary parking is included with your stay. To make your reservations please call the number below and ask for the 2021 Biennial Convention block. To receive our discounted group rate, make sure to book your reservations before May 29, 2021. After this date, our group rate will close. For reservations dial: 1 (888) 625-4988.



Sheraton Madison Hotel  
706 John Nolen Drive  
Madison, WI 53713

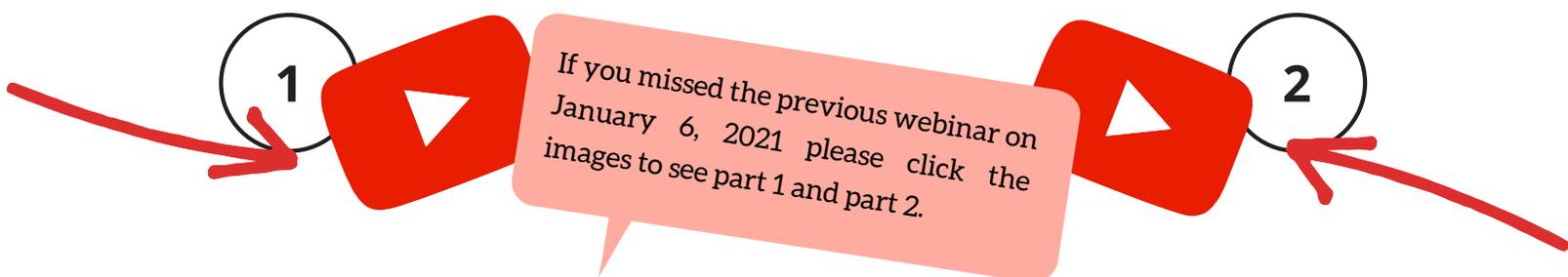
## MARKETING EVENT FLYERS

Have an event coming up? Make sure to use our new event flyer templates. Clubs can customize the flyers and use them to market events in public areas like grocery stores, coffee shops, parks, and hotels. To access these templates, [click here](#).

## ELEMENT3 HEALTH UPDATE

We are happy to announce that our list of participating Element3 Health clubs is growing. Forty-nine AVA clubs are now enrolled in the Element3 Health Program and 50 individuals have already signed up to participate in self-guided events since the launch of the program. This is very exciting news! Participating clubs will be receiving their log-in credentials directly from Element3 Health. If you have yet to receive your credentials, please check your Spam folder, it is possible Element3 Health emails have ended up in Spam. We encourage all participating clubs to log into your Element3 Health account and review the platform. If there are any questions on how to use the platform or questions on how to make any changes, we encourage you to schedule a 1:1 call with Element3 Health. Please click [HERE](#) to let them know what time works best for you to meet.

To learn more about the Element3 Health program, please reference our [January](#) issue of the Checkpoint. Joining the Element3 Health network is not required for clubs to benefit from this program. However, we highly encourage clubs to join the Element3 Health network so clubs can maximize the benefits of this program. If you would like to join the program, please send an email to [samanta@ava.org](mailto:samanta@ava.org).



**PLEASE ADD THESE UPDATED REGISTRATION LOG FORMS TO YOUR WALK BOXES: FORM [900A](#) FORM [900B](#)**

## FINANCE DIRECTOR - ERIN GROSSO

### POSTAGE UPDATE

AVA will cover the cost for additional stamps printed for events moved from 2020 to 2021. However, this will expire January 31, 2021. This means if clubs move events from 2021 to 2022 and the AVA National Office has already issued a stamp and/or we have already incurred CLUB costs on these events, those costs will not be waived after January 2021. Unfortunately, we have all been dealing with Covid-19 and the consequences for more than a year. We realize that clubs are doing their best to project the potential of continuing with events as scheduled. We are facing some of the same issues at the National Office. For that reason, the AVA cannot continue to refund or credit fees and/or replace stamps that have already been printed.

## GOOD STANDING POLICY AND DEADLINES - CONVENTION 2021 – MADISON, WI

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 31st, 2021.** 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  
1008 S. Alamo Street  
San Antonio, TX 78210

Please do not forget that clubs must be in “good standing” forty-five days before the opening of the membership meeting 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 May 15, 2021.** Detailed information and some things to keep in mind regarding the AVA’s Good Standing Policy and Membership Voting Policy is provided below.

[To Review Good Standing Policy Click Here](#)

## AWARDS AND MEMBERSHIP- KAREN WINKLE

### BOOKS AND MAILING

Thank you for patience and understanding as I work to get your books and awards returned to you. Due to the holidays, relocation of the National Office, and reduced work hours I am staying very busy! Many members have taken the opportunity this past several months to mail in books that go back 20+ years! While so many of you were unable to continue volkssporting as typical, at least you made good use of that time submitting books and receiving long overdue awards and certificates.

I have recently completed entering the Event and Distance books received in 2020. However, I am still printing certificates, pulling pins and patches and mailing some of those submissions. I hope to begin processing submissions received in 2021 beginning 02/10/2021. Please contact me with any questions or concerns

On a fun note ... I would like to congratulate Lynne J Grigor for the largest submission (so far) of 28 books in one mailing! With Lynne’s permission, I am including a picture of the books sent in to the AVA National Office.

I hope that 2021 has found you happy and healthy.



**ESR UPDATES**

If you have not had a look at your ESR lately please do. It has come to my attentions some Club information such as Addresses and Officer emails need to be updated. Please go in and make sure they are all correct so that all mailings and information are going to the correct places.

**MULTI EVENT CALENDAR**

Many Clubs/Members still use the Multi Event Calendar to plan trips/walks. Please send me your updated or new events information so that I may put it on the website. Please use the format to the right to send me information. Once you have everything, please send to hector@ava.org.

**EVENT NAME**  
**WHEN**  
**WHERE**  
**EVENT WEBSITE**  
**FLYER**  
**POINT OF CONTACT**  
**COMMENTS**

Event Name	Martin Luther King Jr. Day Weekend
When	Jan 17 - 20, 2020
Where	Jacksonville, FL
Event Website	<a href="#">First Coast Trail Forgers Walking Club</a>
Flyer	<a href="#">Event Flyer</a>
Point of Contact	Kristin Raasch 904-563-6953 or email: <a href="mailto:kraasch1725@gmail.com">kraasch1725@gmail.com</a>
Comments	The Jacksonville area offers beaches, a downtown Riverwalk along the St. Johns River, nature walks along with historic sites and neighborhoods. In short, we have great places to walk. We will be offering 5 walks during the weekend.

Click image to view page.

**SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS**

**INTERNATIONAL EVENTS**

**NATIONAL EVENTS**

US FreedomWalk Festival (USFWF) 15-17 October 2021. It's a go! A Guided Walk will be held for all AVA walkers. Click on image to go to the official website.



**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. Please note on the subject line: Request for Checkpoint.



*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.



1008 S Alamo St · San Antonio, TX 78210, Phone 210.659.2112 · Fax 210.659.1212 [Message US](#).