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The IVV OLympiad

Is Coming to San Antonio, Tx February 2023!



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FOR MORE
UPDATES AND
INFORMATION.



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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This will be an electronic Zoom meeting.

Time: 7 PM Central Time (US and Canada)

<https://us02web.zoom.us/meeting/register/tZEIf-mgrj8rHtzIzVSucJ4n12E3ARN2dOma>



CALLING ALL REGIONS PURCHASE AN INFORMATIONAL TABLE FOR CONVENTION



22ND AVA BIENNIAL CONVENTION
MADISON, WI | JUNE 26 - JULY 3, 2021

For the reduced price of \$10, 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. Texas Roundup, Walking Around Florida, etc., give out candy to people who stop by your table, make friends, good conversation, etc. If you want a table with cloth and skirting, the cost is \$20

CONVENTION COMMITTEE - JERRY WILSON, CHAIR

YOUR INPUT IS NEEDED!

Your input on holding an in-person 2021 AVA Convention has been requested. If you have not responded to the question sent out in the February 2021 Checkpoint, or the Survey Monkey request sent out on February 24, your time is running out. Please reply before March 10 to allow results to be tabulated and analyzed before the AVA Board meets the following week.

[Convention Survey](#)

COMMUNICATIONS - SAMANTA SANCHEZ

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

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

FACEBOOK ETIQUETTE

Don't forget to be kind and courteous! Our Facebook group page should be a welcoming environment for everyone. Posting negative comments harm the organization. Bullying of any kind will not be allowed and your post or comment will be removed. Let's treat everyone with kindness and respect. 😊

ELEMENT3 HEALTH INC. UPDATE

We have exciting news to share! We now have 53 AVA clubs enrolled in the Element3 Health Program. Since the launch of the program, there have been 71 AVA events attended and 64 individual participants!

As a reminder for clubs, Element3 Health will reimburse the AVA \$1.00 for every YRE/Seasonal event each of their members attends and the AVA will credit club accounts the full \$1.00 at the end of each quarter. Clubs will also be reimbursed \$1.75 for traditional events or socials. Element3 Health will track the number of member

participants and send a report with the reimbursements to the AVA. Clubs will need to report the number of Element3 Health member participants in their YRE/Seasonal quarterly reports and must report participation for socials and other non-walking events in the Element3 Health platform in order to get reimbursed for these events. For more information on our partnership with Element3 Health Inc., 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 new initiative. If you would like to join the program, please send an email to samanta@ava.org. Check out the [Element3 Health Program FAQ](#)

FINANCE DIRECTOR - ERIN GROSSO

GOOD STANDING POLICY AND DEADLINES

The AVA Call to Convention and AVA Form 500 will be mailed to the clubs by the end of March. 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 AVA's Good Standing Policy Click Here](#)

The 2021 “DELEGATE SELECTION AND PROXY DESIGNATION” (AVA Form 500) will be mailed out to the Point of Contact for each AVA active club on March 11th. Please look for them and let me know if you have not received your club’s form by April 1st.

INFORMATION TECHNOLOGY SPECIALIST - HECTOR HERNANDEZ

NATIONAL WALKING WEEK

Join the growing list of organizations and communities coming together to celebrate National Walk Week during the first week in April. Some of the clubs who have already signed up to host events include:



Sacramento Walking Sticks
Wood'N Dale Wanderers
Virginia Vagabonds

Randolph Roadrunners
Virginia Volkssport Association
Texas Volkssport Association

New this year you can order or download certificates, event logo, event flyers, and social media banners. You can find these marketing tools [here](#). If you would like us to promote your event on social media and the AVA website please complete the [event form](#) and email it to hector@ava.org. Don't forget to send out a local press release for your event and ask local officials to issue a Proclamation in support of National Walk Week. You can find templates of these forms on the [AVA home page](#).

For more information on national walk week go to ava.org

The AVA will be sending a limited amount of National Walking Week t-shirt's to all participating clubs while quantities last so sign up soon!

IT COMMITTEE - MIKE GREEN, PhD

UPDATE YOUR EVENT LOCATION FOR THE 21ST CENTURY

We Volkssporters are well aware of the challenges of finding an event's starting location and making use of the "Location" (Loc) and "Start Point / Driving directions" (SP/DD) info provided by club event POCs. Some POCs include detailed driving directions starting from a point north, south, west, or east of the event's location. Back in the 20th century, before the advent of online mapping services, such detailed directions were very helpful in locating an event's starting point.

Now that we are more than 2 decades into the 21st Century and nearly everyone uses a smartphone (in particular, the younger generation), it seems appropriate to make the location of our events easy to find using this technology; namely, online mapping services. By using an online mapping service, one can display the desired location on a map as well as the recommended route to get there. Using these services requires entering or perhaps saying a "location phrase" of where we want to go. This location phrase can be just a street address, city, and state; but for locating a particular commercial establishment the location phrase should include the name of the establishment.

Since October 2020, my.ava.org has supported a Location feature that permits clubs to enter a GPS friendly location phrase. However only a fraction of the 2021 YRE/SEs have a location phrase entered. Also, we are now regularly exporting AVA event data to Element3 Health (E3H), who are creatively trying to extract event address information from the event SP/DD data supplied to them, when there is no location phrase provided. This effort by E3H sometimes results in address data that fails to reliably lead their clients to the desired start box location. This failure is often caused by the omission of the establishment that houses the start box.

To help clubs recognize events with no location phrase (as well as other missing event information), a new feature has been added to clubs my.ava.org home page as shown below:

2021 Club YRE/SE Analysis Report



Create YRE/SE Analysis Report PDF containing
recommendations for improvement

Clicking on the “GO” button creates a PDF report that contains an analysis of each YRE/SE sanctioned by the club. This report provides “Notice” messages where recommended improvements are identified (typically missing event information). Similar reports are supported on the RD and State Association “Nav” pages (where RDs and some State Association approve events).

Clubs, please use the analysis report to improve your YRE/SEs and, in particular, make the event locations more easily used by 21st Century mapping services. When entering your location phrase on the my.ava.org location page, please use the verify button,

Verify Entered Location using Google Maps

to assure the entered location phrase maps as near as possible to the location of the physical start box. This will typically require the name of the establishment followed by a street address. Repeatedly adjust and verify as needed. Once verified, use the Save button to store the entered phrase. Then the saved location phrase will be shown in the my.ava.org event details, for example as show below:

The address/location to the physical start box (PSB) for mapping services such as Google or Siri is as follows:

Redner's Warehouse Marketplace, 201 Second Ave., Collegeville, PA 19426

Virtual Online Program - Jan Van Vlack, Chair

VOP 2021: A NEW ADVENTURE EVERY QUARTER

We are well into our first quarter of VOP 2021, but it is not too late to join. For those that join late or do fewer daily Steps, you will have until the end of the year to finish each quarter... so you can still participate in every quarter.



We are well into our second quarter of VOP 2021, but it is not too late to join. For those that join late or do fewer daily Steps, you will have until the end of the year to finish each quarter... so you can still participate in every quarter.

Virtual Walking Programs/Virtual Online Programs use Computer-Generated Maps to create routes... in many far away and exciting places, allowing you to convert your steps to move along a route. The routes may take you far away, through jungles or across mountains, or even across oceans... places you couldn't actually walk. You either sync your pedometer, Apple Watch, Fitbit, SmartPhone, etc., or enter your steps manually, then follow your position on the route, learn interesting facts along the way, and see others on the route. Registration also includes joining your US Regional Team to help them win the Regional Traveling Trophy Challenge.

What steps count, you ask? Every step you take, whether a Volkswalk, a walk in the park or your neighborhood, shopping for groceries or at the mall... even walking in your living room with an exercise program or while rooting for your favorite team during a ballgame! All steps count!

Go to https://cb.ava.org/2021_VOP.php. Information will be sent to you once you join. For additional questions now or after you join, email Jan at vop@ava.org.

From a longtime Volkswalker

"It's FUN!! What's a VOP? That was my question and I'm sorry I took so long to investigate. It's a Virtual Online Program or at least that's what I think the initials stand for. AVA (Jan Van Vlack) came up with this idea over 3 years ago and hosted a Walk Across Canada and last year on the Appalachian Trail. I had even heard of people signing up for this year's Walk Around the World but initially wasn't interested. But, I kept seeing VOP mentioned so I decided to check into it. In the First Quarter, we explore the kindness of people around the world and we learn about them as we hike. SO, daily we walk and log the Ks we cover. I don't own a Fitbit so I am not getting the distance that people that wear them all day get. However, I get out and walk every day, even if it's only a little some days, and log it in on Walker Tracker or something like that. It takes the info and lets me know how far I've walked compared to others (not that I care much about that cuz as I mentioned, I don't own a Fitbit) but for some reason, I feel VERY inspired to get out and walk and see where in the world I've gotten to. I don't know their formula for my progress but I was out in the Pacific Ocean for a few days and it gave me the feeling of drowning almost. So, in a way, it's like keeping books and there is nothing to stop me from going out and doing our YREs and logging them in my distance book plus on Walker Tracker cuz I am doing them. Hope that helps. I think in one Quarter we learn about Food Around the World. Anyway, there are 4 Quarters and 4 different categories."

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.



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