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

EXECUTIVE DIRECTOR'S UPDATE - HENRY ROSALES

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IMPORTANT DEADLINES FOR THE JUNE 2021 BOARD OF DIRECTORS & GENERAL MEMBERSHIP MEETINGS

June 9, 2021: Meeting information package for general membership and board meeting emailed to board members and club officers.

The AVA National Board will meet **Tuesday, June 29, 2021, 2:00 – 5:00 p.m. at the Madison Concourse Hotel in the Capitol Ballroom B.**

The AVA General Membership Meeting will be **Wednesday, June 30, 2021, 2:15 – 5:15 p.m. in Exhibit Hall AB** and on **Friday, July 2, 2021, 2:15 – 5:15 p.m. in Exhibit Hall AB at the Monona Terrace Community and Convention Center.**

AVA Board Meeting Location

Madison Concourse Hotel
1 West Dayton Street
Madison, WI 53703
(608)257-6000

General Membership Meeting Location

Monona Terrace Community and Convention Center
One John Nolen Drive
Madison, WI 53703
(608) 261-4000

Click links below for:

[General Membership Meeting Agenda](#)

[Bylaws Amendment to Change Term of Office of National Officers and Regional Directors](#)

NEW BOARD MEMBER ORIENTATION DURING CONVENTION

There will be a one-hour orientation for all new and returning Board members and Deputy Directors on Friday, July 2nd immediately after the General Membership Meeting at the Concourse Hotel in the **Wisconsin Ballroom**. **If you are a new board member please come dressed in professional attire because we will be taking your photo for the TAW and National Office.**

AVA STATE ASSOCIATION OFFICER'S MEETING - JUNE 30, 2021

A meeting for all AVA State Association Officer's is scheduled during the 2021 Convention on June 30, 2021 from 12:30 – 2:00 pm in the Monona Terrace convention center, Ballroom AB.

This is a closed meeting for AVA State Association Officers, Board Members, and Deputy Directors only. The purpose of this meeting is to hear from State Association Offices what they think the top priorities for the AVA should be and how we can best support each other.

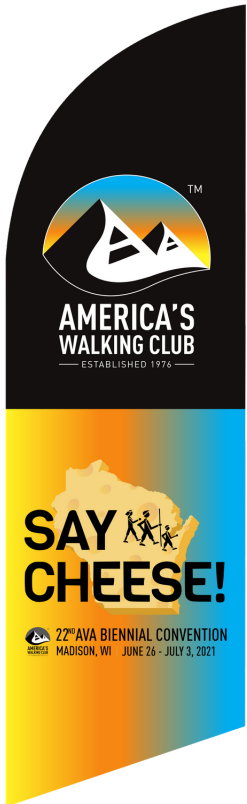
Thanks to all who have supported the AVA by becoming an AVA Lifetime or Associate member and/or contributing to support the AVA through the Big Give. We look forward to celebrating with you during the **President's Reception on Friday, July 2nd, 7:00-9:00p.m. at the Madison Concourse Hotel, Capitol Ballroom.**

AVA FRIENDLY PETS ON THE TRAILS

The AVA acknowledges participants on some occasions bring their dog on AVA walks. Although pet friendly participation is encouraged, the AVA requires that pets brought to AVA walks be kept on a leash. This is to ensure the safety of the pet, owner, and other walkers. Clubs and/or sponsors of walks are to enforce this requirement.



Rathgeber Village Walk -
Photo submitted by Martin Callahan.



PUBLICITY COMMITTEE UPDATE - HENRY ROSALES

NEW! FREE BANNERS FOR CLUBS WITH THE NEW AVA LOGO!

Thanks to the support of the Publicity Committee and your National Office, we are happy to announce the AVA will be providing free club banners to all our clubs who request one. The banner will be feather shaped with either the club's name or logo on it and the new AVA logo.

If your club would like a free banner, email an image of either your club logo or your club name to Hector@ava.org. If you would like to receive your banner at convention, please email this info to Hector by May 20, 2021.

Please note, due to the high volume of flags getting printed and the amount of editing involved, all flags may not be ready by the Convention. If your Club's flag is not ready by convention, we will mail it to you. If your Club is not attending the Convention, we will mail it directly to your Club address.

Special thanks to all the clubs and individuals who submitted entries for the Publicity Contest! Winners will be announced at convention!

NOMINATIONS COMMITTEE - TOM JACKSON, CHAIR

CANDIDATES FOR AVA NATIONAL OFFICE

We have one candidate for each of the AVA National Officer positions for the term of office from July 3, 2021, to June 30, 2023. Elections will be held during the Membership Meeting at the AVA Convention in Madison, Wisconsin.

With the recent approval of the Restated and Amended Bylaws of the American Volkssport Association, some of the information in the December 2020 edition of the Checkpoint is no longer accurate.

The candidates are:

Chair (in lieu of President): Nancy Wittenberg from Puyallup, Washington

Vice Chair (in lieu of Vice President): Susan Medlin from San Antonio, Texas

Board Secretary (in lieu of Secretary): Cecilia Miner from Woodbridge, Virginia

Finance Chair (in lieu of Treasurer): Ed McCabe from Dripping Springs, Texas

In accordance with paragraph 4.06(e) of the Bylaws, nominations of additional candidates will not be permitted from the floor at the Membership Meeting.

There is a workshop at the Convention on Thursday, July 1, from 3:30 pm – 4:15 pm, titled "Meet the AVA Candidates". The title of this workshop will be changed to "Meet the New National Officers" and there will be an opportunity for the membership to ask questions of the new officers in an informal setting.

The IVV Olympiad

Is Coming to San Antonio, TX February 2023!



STAY TUNED
FOR MORE
UPDATES AND
INFORMATION.



#BIGGIVE2021

SAVE THE DATE

SEPTEMBER 23, 2021

IT'S THE SIMPLE ACTS OF KINDNESS
THAT KEEP US WALKING.



FINANCE DIRECTOR - ERIN GROSSO

CONVENTION NEWS

CONVENTION REGISTRATION HOURS OF OPERATION

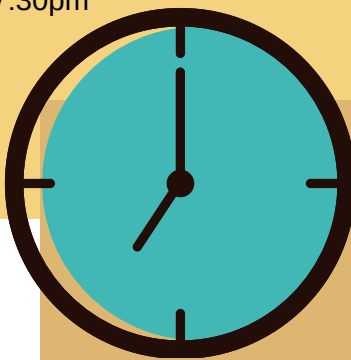
Monday, June 28: Soft Opening 5:30pm – 7:30pm

Tuesday, June 29: 7:30am - 5:30pm

Wednesday, June 30: 7:30am – 1:30pm

Thursday, July 1: 7:30am - 11:00am

Friday, July 2: 7:30am - 9:30am



Monday, June 28: Soft Opening 5:30pm – 7:30pm

Tuesday, June 29: 11:30am - 1:30pm

Wednesday, June 30: 10:30am - 2:00pm

Thursday, July 1: 10:30am - 3:00pm

Friday, July 2: 10:30am - 2:00pm

CONVENTION CREDENTIALING HOURS OF OPERATION

Due to pandemic protocols, the Monona Terrace has not resumed regular public tours. If you would like to tour the Monona Terrace, please pre-register through the Convention Registration.

ACCOUNTING SPECIALIST - MARIAN DEVAUL

AVA FORM 500: 2021 DELEGATE SELECTION AND PROXY DESIGNATION:

The deadline to mail the AVA Form 500 (credentials form) has passed. If you have not submitted your form, **all copies of the form** must accompany the Delegate, Alternate, or Proxy to the Credentials Booth at the Convention.

CONVENTION REGISTRATION

The deadline for online registration is June 23, 2021. You can still register in person at the Convention Monday - Wednesday.

CONVENTION UPDATE

Silent Auction: We need your donations. Help AVA in these stressful times. We have twenty-four items and two cash donations committed as of May 31. We need your help! Please register donations in advance on the AVA Convention Registration system. If unable to register donations on-line in advance, we will ask you to bring the donation to the Convention Registration counter at Monona Terrace Convention Center for entry into the Silent Auction portion of the Registration System. Donations can be shipped to or dropped-off at Monona Terrace, for instructions see FAQs on the Convention portion of AVA.org.



 22ND AVA BIENNIAL CONVENTION
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Flying Into Madison and Staying at the Concourse Hotel: Our convention hotel, The Concourse Hotel - Madison has a complimentary shuttle to and from the airport. Shuttles return to the airport every hour and every half hour. For your return trip to the airport, hotel staff recommend reserving a shuttle ride back.

Wisconsin State Capitol Building Open to the Public: Very recently the Wisconsin State Capitol Building has reopened to the public. This is a good thing for visitors. It is a beautiful building to visit. They offer free tours each day in the early afternoon, for small groups advance sign-up is not needed. An added advantage to having the building open is that it shortens the route between Monona Terrace and The Concourse Hotel.

Madison AVA Convention News: A news source is available to you, and even more importantly beginning June 25 when daily updates will be loaded to share the day's general convention itinerary, updates you will want to know such as room changes, shared pictures, winning daily raffle numbers, etc. It is easily accessible from the AVA.org home page, scroll down to the smaller Say Cheese block, click on "Click here for more information". Then click "Convention Information".

Another Carryover Cancellation Resulting from Covid-19 Concerns: Even though we are coming out from under this virus heavy cloud, we did not have the lead time needed to take advantage of our bi-ennial convention to reach out to the local public. Public Outreach is an effort AVA would like to push, as our conventions move around, but inviting the public and health providers, etc. in 2020 and 2021 wasn't popular when planning and seeking publicity months ago. The Saturday morning, July 3 Outreach Event, including a social walk are cancelled. This walk was listed as "Community Walk" under socials on the Convention Registration system and many convention goers pre-registered for the event. It was not to be an AVA walk for credit. We will still hold the morning UW Campus Post-Convention walk for credit on Saturday, July 3.

ROOMS ARE STILL AVAILABLE AT THE MADISON CONCOURSE HOTEL!

Although the guestroom block dropped for attendees, the Madison Hotel will continue to accept reservations **based on availability** at the negotiated discounted convention rate. Because the block has dropped, the online link will no longer work. Therefore, to book a reservation, you must call the hotel directly at (800) 356-8293 and advise them you are with the AVA Convention. Do not forget hotel parking is discounted for our guests at \$8.00 per night!

LEARN HOW YOUR CLUB CAN APPLY FOR FREE SUPPORT WITH THE DESIGN OF A NEW LOGO, FACEBOOK BANNERS, BROCHURES AND MORE!

There is a convention workshop on Thursday, July 1, 2:30-3:15p.m. titled Help Us Help you: Free Student Graphic Design Assistance. This workshop is designed to advise clubs how they can apply for a small grant to support with graphic design artwork. The way it works is there is a simple one-page application clubs complete and if awarded the club will be assigned a student from the graphic design class to assist with creation of club logos, website graphics, t-shirt design, Facebook banners, etc. This is an excellent way to get some free help! I encourage you to sign up for the workshop, otherwise if we do not receive more participation this workshop may get cancelled.

AMERICA WALKS - ADVOCATING FOR WALKABLE COMMUNITIES WORKSHOP

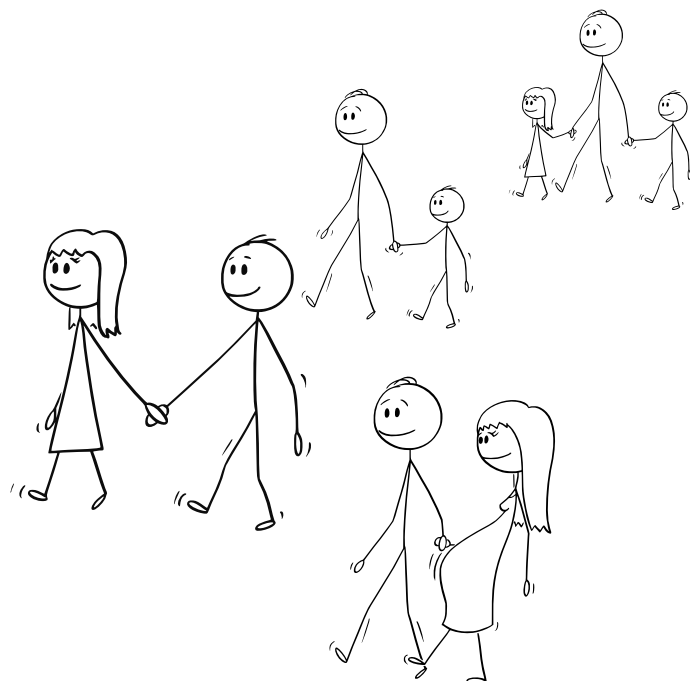
This workshop also has low attendance and may get cancelled if participation does not increase. Although the workshop is in two parts, one on Thursday and one on Friday, attendees do not have to attend both sessions. During Friday's workshop, participants will take a short walking tour to examine what is behind a walk audit and why it is important that as a walking community we get involved in promoting safe walkable communities.

(America Walks did sign up as one of our convention sponsors.)

JOIN US AT CONVENTION FOR THE PRESIDENT'S WALK!

Thursday, July 1, 2021, at 8:00 a.m., Volkssporters from across the country will gather at a designated location to walk with the Mayor of Madison (invited), our Board President, David Bonewitz, and other dignitaries. If you like walking in a group, please join us!

The walk will probably start at the Monona Convention Center. Start location will be announce Tuesday during the Meet and Greet Reception.



AVA HOSTING 18TH IVV OLYMPIAD IN 2023 – HELP US PLAN!

America's Walking Club will host the 18th IVV Olympiad in San Antonio, TX from 19-23 February 2023. This will be the first IVV Olympiad ever in North America, and we need your help! If you are willing to commit to the success of this effort – starting now and continuing through February 2023, please contact us at olympiad2023@ava.org

We have formed an executive planning committee and now it is time to start setting-up the sub-committees we'll need to pull off this international festival – a full week of events & activities back-to-back with the existing IML weekend that began in 2020. Our planning figure for attendance is 2,500 or more from the United States, Canada, and dozens of IVV and IML countries.



Any help is welcomed, but here are some of the attributes / experiences we are looking for:

- People who can serve on a geographically distributed committee – expect to meet mostly by MS Teams or Zoom, at least monthly. You will need computer/internet access, and should be comfortable with MS word, ppt, excel products; and dropbox.com
- People with experience planning large sports events or similar big functions – among these might be – Crazy Horse; the last 2 or 3 AVA Conventions, or multi-event weekends
- People who have specifically attended past international walking events of IVV or IML; or have volksmarched in other countries; or who lived or worked overseas
- People with language skills, and specifically: German, French (official IVV languages), Italian and Korean (we'll be going to Seoul in 2022 to market ourselves)
- People with other specific expertise:
 - Marketing – to include graphic design, websites, and social media.
 - Information Technology – to include website design
 - Trailmaster skills
 - Recruiting and organizing volunteers

We are happy to have help from anyone who wants to see our Olympiad succeed, and we'd like to see representation for every region. Right now we're taking about committee work. As we draw closer to the events themselves, there will be a larger effort to gather the volunteers we'll need to actually run all of this – probably a couple of hundred!

It's an exciting time and we are just getting started. Hope you will join us!

SALUTE TO CENTRAL OREGON MULTI-DAY EVENT RETURNS IN SEPTEMBER

With its high elevation come cool mornings, warm afternoons, and tons of sunshine, Central Oregon is the perfect Fall getaway! Columbia River Volkssport Club (“CRVC”) has planned a long September weekend of great events for you.



Being at the base of the Cascades means there are lots of options for beautiful hikes, walks, and bike rides. CRVC has selected a number of these that best showcase the area. From trails to a viewpoint with a 360-degree view of Bend (On a clear day you can see nearly the entire Cascades Range!), demanding full-day hikes through lush forests to cascading water, walking through a canyon between awe-inducing massive rock walls, or circling around a turquoise lake within the caldera of a volcano, every kilometer offers a different landscape.

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Between walks or hikes, shopping in Bend is a favorite because there are so many cute, quaint shops in downtown Bend! If outlet shopping is more your thing, there's a great outlet mall featuring Columbia, Eddie Bauer, Nike, and more. And there is the Mill District – it's a great outdoor mall that has mostly chain stores, but everything is tax free, so, bonus!

I just learned that Bend has more breweries per capita than any other city in Oregon, and it's been dubbed “Beer City USA.” If you're like me, and you're not into beer, never fear – there are some great cideries, wineries, and distilleries in Bend.

Friday evening CRVC will treat you to a Meet & Mingle, an opportunity to catch up with friends, and on Saturday we'll gather for a no-host barbeque. Point your browser to www.walking4fun.org and click the “Central Oregon 2021” tab at the top to explore all thirteen walks and three bike rides, and to download the mail-in registration form.

Please join us September 16-19, 2021, in Bend, Oregon. Country Inn and Suites by Radisson will be the event headquarters. For the group rate, phone 541-617-9696 Monday through Friday and ask for the America's Walking Club rate.

See You There!

BOB GAMBERT MEMORIAL WALK, MAY 8 2021 (IN REMEMBRANCE)

On May 8, at least 40 walkers and friends of Bob Gambert gathered in Carlisle Pennsylvania, where he had lived for many years, for a 10K memorial walk hosted by his USA grotto, the Susquehanna Rovers. As evidenced by his many friends, walkers came from several states and as far away as Chicago (over 1000 km).

Heather and I left early and drove the two hours north from D.C. The drive is very pretty, following the Catoctin Mountains and the Appalachian Trail, until northern Maryland, where you enter Gettysburg country with rolling hills, orchards, winding streams, and pretty small towns with stone houses. We saw people fishing on the Yellow Breeches, a world-famous trout stream. I had lived in Carlisle from 2004-2005, while Heather was stationed in Heidelberg, so the drive was very familiar. The wooden and brick barns are the most interesting I have seen in the U.S. This area is part of the "Pennsylvania Dutch" (or Deutsch) settlement, which began with the Hessian mercenaries hired by the British to fight the Colonists. Like many soldiers, they married local women and stayed.



The start point was a park just outside Carlisle. Around 9:30 we met Sarah Garcia (formerly of the Heidelberg Club) and her middle-schooler daughter Eleanor. A TV crew was filming the event. The skies were gray, windy and threatening rain, so we got on the trail quickly. Other walkers included Rick Olson (Carlisle VFW Commander), Tom Jackson (his local wandering buddy), Mike Green (AVA Mid-Atlantic Region President) and other AVA dignitaries. The trail followed a road for about 1 km, then you had a choice of going north or south along the Appalachian Trail -- known as the AT, which traverses 3,100 km from Springer Mountain Georgia to Mount Katahdin Maine. Bob loved this trail and I often talked to him after he did it early in the morning, followed by big breakfast. We chose the north path, went over the Pennsylvania Turnpike, and crossed the Cumberland Valley, through meadows and fields, and over two stiles (stairs over fences). These are rare in the US and peculiar to the AT. The trail eventually lead to elevated boardwalks to cross swampy areas along the Conodunet Creek. We laughed because the "creek" was quite large and would be considered a river in Germany. We crossed the creek and arrived at the first checkpoint at Scotts Farm, a work site used by the National Park and volunteers to maintain the trail. Then thru the woods again to a turn-around point, and then retracing our steps back to the start.

I had given Thomas Mack the flyer, so we met up with him at the end point and talked a long time. The club had assembled a huge amount of "Bob"-memorabilia, to include his walking stick with flask, hats with pins, photos of Bob, his recent "Wander-Erinnerungen Buecher", DVV Urkunden (certificates), DVV books with 50,000 km and 3,500 Teilnahmen (events) and so on. I poured over the Wandering Memory books because there were many walks we had shared together in Deutschland. Almost none of these things I had ever seen, since Bob had taken all his most prized possessions to his "heimatland".



After the walk, we met Rick at the VFW for a drink, where there was a "Fallen Soldier" table and large display dedicated to Bob. We were hungry, so we completed the perfect day by a delicious meal at the Market Cross in Downtown Carlisle. The pub has over 200 beers, and was my "hangout" when I was living there.

Mit freundlichen Gruessen.

My daughter Eleanor Garcia sporting Bob's hat with German pins. God Bless. - Photo submitted by Sarah Garcia



SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

NATIONAL EVENTS

20th Annual
US FreedomWalk Festival
15 - 17 October 2021
 — An International Walking Experience —
Arlington, Virginia USA
 3 days of Fun, Fitness, and International Friendships.
 Come walk with us for a world class walking adventure alongside walkers from around the world!
www.USFreedomWalk.org

AMERICA'S WALKING CLUB
 ESTABLISHED 1976
 Volksmarching at its Best

Walk Arlington

WALKING ASSOCIATION
 HO CHI MINH CITY

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.

MASSACHUSETTS BREAST CANCER COALITION

WALK FOR CANCER PREVENTION

Against the Tide

2021

PARTICIPATE VIRTUALLY

June Participate anytime June 20th-26th
 NEW for 2021! Half Marathon 13.1 miles

August Participate anytime August 8th-14th
 NEW for 2021! Full Marathon 26.2 miles

Swim, Run, Walk, Paddle, or Kayak wherever you are!

OR IN-PERSON

August 14th In-person Event
 DCR's Nickerson State Park
 Brewster, MA
 Swim, Run or Walk with Us!

AMERICA'S WALKING CLUB
 \$40 for Virtual Events including Participant Fun Pack (event t-shirt, bib, medal & sponsor item) OR \$20 with the Fun Pack with code AWC21
 \$40 for In-Person Event (pending approval)

Join America's Walking Club and MBCC as we walk for cancer prevention!
www.mbcc.org or 800-649-MBCC
 for more information and to register.

[f mbccorg](https://www.facebook.com/mbccorg) [mbccprevention](https://www.instagram.com/mbccorg) [mbccorg](https://www.youtube.com/mbccorg)

AMERICA'S WALKING CLUB
 ESTABLISHED 1976

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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