



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

AUGUST
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CHECKPOINT

WWW.AVA.ORG

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CEO REPORT - HENRY ROSALES

COME VISIT OUR NATIONAL OFFICE AND SEE THE AVA'S NEW WALK MURAL!

The AVA has a new walk mural created by visual artist Carlos Garrido. Mr. Garrido was born in Mexico where he studied graphic design and taught art history, drawing, and design. He moved to San Antonio in 2006 and has participated in 40 collective art exhibitions, 25 solo art exhibitions and 4 biennials. He donated his time to create the mural because he was inspired by our mission and how it impacts individuals from all "walks of life".



CENTER IS ARTIST CARLOS GARRIDO; LEFT OF CARLOS IS HIS DAUGHTER NATALIA AND RIGHT OF CARLOS IS HIS WIFE, PAOLA.

#BIGGIVE2021

SAVE THE DATE

SEPTEMBER 23, 2021

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

Full details on the Big Give will be in the September issue.

*Email changes: The President's title has now been changed to Chair so the email has changed as well to chair@ava.org. Vice President has also changed to Vice-Chair and the email address is now vice_chair@ava.org. The Treasurer is now the Finance Chair, finance_chair@ava.org.

AVA BOARD ORIENTATION AND TRAINING JULY 22-25, 2021, SAN ANTONIO, TEXAS

The AVA Board of Directors and Deputy Directors gathered in San Antonio, Texas, August 22-24, for board orientation and training and to set organizational priorities for the next two years. Top priorities include the **2023 Olympiad, Branding, and Individual Membership**. These areas of growth will be led by existing committees, excluding Branding, which will be Chaired by At-Large Board Member Dr. Connell. All board members and deputy directors will be participating in the development and implementation of growth strategies in these respective areas. As part of the teambuilding exercises, board members and deputy directors, assembled bikes that were given away during the community walk Saturday morning.



AMERICA'S WALKING CLUB AND FAMILY SERVICE WALK WITH THE COMMUNITY

On Saturday July 24, in the middle of the AVA's Board of Directors Orientation and Training, members of the board took time out to walk with the community. We had a very successful event with over 80 walkers and a few stray dogs! The event was co-hosted by Family Service Neighborhood Place on the westside of San Antonio, an area regarded as an underserved community. After the walk, Nancy Wittenberg, the AVA's Board Chair, hosted a drawing for zoo tickets and 4 bikes that were assembled the night before. We will be following up with the local walkers to see how we can start weekly walks in the community. Special thanks to Mike and Kathy Schwencke and all volunteers for working with the community to create this new walk event and hopefully a new walk club!



OUR ANNUAL INDIVIDUAL DONOR CAMPAIGN IS JUST AROUND THE CORNER!

With the Big Give right around the corner on Thursday, September 23, 2021, now is the time to learn how to set up your own Peer to Peer page so you can become a fundraising champion for the AVA!

Just visit America's Walking Club profile on the Big Give website, click on the Fundraise button, create an account, log in, and personalize your profile. For more information [click here](#) for a step-by-step handout.

Early giving starts Thursday, September 16, 2021!



Click image for Peer to Peer help video.

IT COMMITTEE, CHAIR - MIKE GREEN, Ph.D.

YEAR ROUND AND SEASON EVENT RENEWALS FOR 2022

Hopefully this will be the last year that we use the Legacy ESR system to renew YRE/SEs for the next year. For this renewal season, the entry of Special Programs has been moved to my.ava.org (from the club my.ava.org home page, use the Sanctions tab, then the Sp Prog tab). Also, a much-requested feature has been added wherein a renewal inherits its previous year's special programs. However, there are a couple of things that are NOT inherited by a renewal as listed below.

NOT Inherited by a renewal

- 1) PPSF:** If your YRE/SE was PPSF in 2021, it will NOT automatically be PPSF in 2022, clubs need to promptly notify their RDs if they intend to make a renewed or new YRE/SE PPSF in 2022. RDs need to change events to PPSF before they are approved. Otherwise, the AVA National Office needs to be contacted to possibly reverse sanctioning charges.
- 2) A Physical Stamp for an "OSB Only" event is not inherited.** By default, OSB only events do NOT get a physical stamp. (PSB and OSB/PSB events do automatically get a physical stamp.)
You may request a single free stamp for an OSB via the club my.ava.org interface by clicking on the Sanctions Tab, the Stamps tab then the edit/req button and check-off, I need a stamp for this OSB event.
- 3) Extra Stamps for an event are not inherited.** Use the same my.ava.org tab/button click sequence mentioned above, then below the REQUEST ADDITIONAL STAMPS: heading, select the number of extra stamps you want and click the Request more stamps button. Extra stamps for an event cost \$5 and will be charged in the YRE/SE quarterly invoice for the quarter in which the stamp is shipped.

Inherited by a renewal:

- 1) All legacy ESR event data is inherited** if not changed during renewal (except the start and end date).
- 2) Enhanced event features on my.ava.org** including all "Sell It", Location, Stamp, OSB, Status settings, text, pictures, brochures, and OSB event pdf will be automatically applied to a 2022 YRE/SE created from renewing a 2021 YRE/SE. (unless explicitly mentioned above).

Key Dates:

- 1) Deadline for renewals to be submitted** Sept 1, 2021.
- 2) Deadline for renewals to be RD approved,** Sept 15, 2021. RD approvals of 2022 YRE/SEs after Sept 15th are not guaranteed to be included in the 2022 Starting Point book.



Caution:

The legacy ESR YRE/SE renewal procedure is fragile. If any input errors are detected, it may mark the event as renewed but in fact it has not been renewed. To avoid this problem, make minimal changes to initial renewal page. Once renewed use the legacy ESR “Check ESR” button to list active events and edit the new event immediately if needed. Note new/renewed events can take up to 30 hours to appear on the club's my.ava.org event listings. (If you lose the ability to renew event do to input errors, contact mikeginf@gmail.com).

IT SPECIALIST - HECTOR HERNANDEZ

2022 STARTING POINT PHOTO CONTEST

Its been a busy year with walking, biking, swimming and community events. The best way to capture those moments are to take pictures. Let us see those pictures of the “People”, “Places” or “Things” you encounter! Can you capture Volkssporting at its best? Let's try! Please submit your entries for this year's photo contest. The first and second place winners will get their photo printed on the front side (1st place) and backside (2nd place) cover of the 2021 Starting Point book. Winners will also get a complimentary copy of the Starting Point!

Entries are due to AVA National office no later than August 31, 2021. Rules, guidelines and the official entry form are attached in link below. Participation in the nationwide contest is open to AVA members, clubs and state organizations. All entries must have been created or occurred during the time period from July 1, 2020 – August 31, 2021. For more information contact Hector at hector@ava.org .

[Photo Contest Rules](#)

[Pre-Order Form](#)

ACCOUNTING SPECIALIST - MARIAN DEVAUL

STARTING POINT BOOK:

It's time to pre-order your 2022 Starting Point Book. The deadline is no later than midnight, September 30, 2021. Mail form to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or fax to 210-659-1212. You may also place your order by emailing the form to marian@ava.org

2021 PHOTO ENTRY - CAROL ROMIG



2021 PHOTO ENTRY - JULIE HEATH



2021 PHOTO ENTRY - CHARLOTTE SULLIVAN

OCTOBER 2021 NATIONAL VOLKSSPORT MONTH PATCH:

You still have time to pre-order the October National Volkssport Month patch. Celebrate by pre-ordering patches using the order form and returning to the National Headquarters. Mail form to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or fax form to 210-659-1212. You may also place your order by emailing this form to marian@ava.org

The deadline to order these October patches is September 6th. Don't miss this opportunity to offer this collectible patch to walk participants! Click on image for form.



FINANCIAL:

If your clubs fiscal year ends on 6-30-21, It is time to file your 990 E-Postcard, Annual Financial Report (AFR), and update your club officers in the ESR. An IRS user guide, and the AVA Retention policy for financial and event records have been posted on the AVA website under "Clubs Only". Please submit a copy of your filings to marian@ava.org. Thank you.

PROGRAMS COMMITTEE CHAIR - TIM MINER

AVA MONTHLY WEBINAR

In 2020 America's Walking Club gathered monthly to learn about our shared interest in the popular sports, upcoming programs and events! Join the Program Committee every month on the third Wednesday. Everyone who attends must register in advance for the link. The subjects will vary with each meeting. Watch out for new details with each issue of the Checkpoints.

This months presentation will cover a service-learning class called Design Center. This course is taught by Rachel Bush at the Austin Peay State University in Clarksville, TN. It's designated as a service-learning class designed to expose students to real- world application with a "hands-on" learning experience. The experience provides students with an opportunity to work with real world clients on visual communication and graphic design related projects. The projects are by definition independent and will vary greatly depending on the needs of the client. Students have the opportunity to use their technical and conceptual skills with real-world clients reflecting the reality of the design industry. For this presentation Rachel Bush would like to inform our organization how they can partner with the Design Center class.

August 2021

You are invited to a Zoom meeting.

When: Aug 18, 2021 08:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZ0rd--grzgtGdUI026LXEElyTIZu5ewJAB>

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

18TH IVV OLYMPIAD IS COMING TO THE USA!

"By approval of the IVV Congress, the 18th Olympiad of the International Federation of Popular Sports (IVV) will be held in the City of San Antonio, Texas, in the United States of America – from 19 – 23 February 2023." This was the announcement in the 2d session of the General Membership at the Biennial Convention of America's Walking Club in Madison, WI. 2023 will be the first time in the history of the IVV and the AVA that the Olympiad will be hosted in the USA!



The 2023 Olympiad Committee has been at work since early this year, with co-chairs Henry Rosales (CEO), Susan Medlin (AVA Vice-Chair) and Holly Peking (former AVA Vice President) leading the early planning efforts. Most of the members of the planning committee have extensive experience with international walking events – both IVV and IML (the International Marching League.) This will be critical, as our concept is to hold the Olympiad back-to-back with the existing IML "Texas Trail Roundup" (24-26 February) and thus offer both Americans and our international visitors a full week of fun, fitness and friendship. Since we don't want to split our focus, there will be no separate Biennial Convention in 2023.

SAVE THE DATE

**18th IVV Olympiad and
IML Texas Trail Roundup**



**February 19-23, 2023/IVV Olympiad
February 24-26, 2023/IML Texas Trail Roundup**

Seven glorious days of walking, biking and swimming including the world-famous Riverwalk and World Heritage missions. Then, enjoy a uniquely American experience at the award winning San Antonio Stock & Rodeo Show!



**AMERICA'S
WALKING CLUB**
ESTABLISHED 1976



The IVV Olympiad and IML together are a unique opportunity, not to be missed! Some of us have been to these amazing international events, but many American volkssporters have not been able to get to Germany, or China, and are not planning to attend Korea in 2022. Now you won't have to leave America to participate alongside walkers from Korea, Canada, Japan, Israel, the Netherlands, Italy, France, Norway and many other countries. At an Olympiad, you will meet people and make new friends from all over the world. At the same time, the San Antonio Olympiad / IML will offer our international attendees an "uniquely American" experience for the first time – as we showcase the best America has to offer.

Plans for the week already include formal opening and closing ceremonies with the parade of flags; fabulous walking (5k up to 42k), biking and swimming events; the award-winning San Antonio Stock Show & Rodeo along with other après-walk social events; online registration packages for either or both the Olympiad and the IML; and all the recognized IVV/IML awards, pins and medals that walkers on both circuits covet. Our good friends from Canada are already on board as partners and we'll be talking to the regular tour groups about supporting the week in San Antonio with transportation and tours.

We are planning for at least 2,500 participants from up to 42 countries – so needless to say we will need your help! Volunteers can contact us at olympiad2023@ava.org and have a look at the last 2 Checkpoints for some of specific areas where we need assistance. We would also like your input! If you have attended IVV, IML or large AVA events (conventions, Crazy Horse, etc.) please share your ideas on how to create a memorable event. We need experienced walkers, bikers and swimmers to tell us what you liked, and what to avoid!

America's Walking Club is excited to be hosting the IVV Olympiad and we want all of AVA Nation to plan on attending in 2023! Please save these dates and start telling your friends! We'll be keeping you updated regularly across of all AVA's media platforms from this point forward.

Bienvenidos a San Antonio!

ATLANTIC REGIONAL DIRECTOR - JEFF GIDDINGS

PAPERLESS OSB WALK INSTRUCTIONS

Have you ever been somewhere you couldn't print the walk instructions for your OSB walk, or just didn't want to carry several sheets of paper instructions? Do you not use your smartphone to view the Instruction PDFs because you have to zoom in to read the instructions and then scroll left and right to follow the instructions and then accidentally scroll away from your next instruction?

Well, in a discussion with other members of the AVA IT Committee, I learned that there are some smartphone apps available that can morph the 2 column instructions PDF into a single column that is easier to read and follow. You will only have to scroll up and down.

The following are the apps that I have found. Both of these apps run on Android or the iPhone.

1. **Adobe Acrobat Reader DC**

Adobe Acrobat Reader DC has a free version and a Pro version. Both versions have a feature that is called Liquid Mode that uses Artificial Intelligence to convert the PDF from 2 column mode to a single column. I have tested the free version that was supposed to have Ads, but I did not notice them.

To use this app, you first need to install it from either the Google Play Store or the Apple Store. Once installed,

1. Download the OSB PDF or the instruction section from it to your phone or a cloud accessible storage area.

2. Open the OSB PDF with Adobe Acrobat Reader DC.

3. At the top of Adobe Acrobat Reader DC there is a menu with 4 icons and an overflow menu icon. The leftmost icon is shaped like a drip of water. This icon activates/deactivates the "Liquid" mode. If the icon is gray, then "Liquid" mode is not active. If the icon is blue, then "Liquid" mode is active.

Play a little with "Liquid" mode not active and with it active to see how it works.

2. **Xodo**

Xodo is a competitor to Adobe Acrobat Reader DC and is free and doesn't seem to have Ads.

To use this app, you first need to install it from either the Google Play Store or the Apple Store. Once installed,

1. Download the OSB PDF or the instruction section from it to your phone or a cloud accessible storage area.
2. Open the OSB PDF with Xodo.
3. At the bottom of the Xodo screen, there is a menu with 4 icons. The third icon from the left is shaped like a pair of glasses. This icon activates/deactivates the single-column mode. If the icon is gray, then single-column mode is not active. If the icon is blue, then single-column mode is active.

Play a little with the single-column mode not active and with it active to see how it works. With single-column mode active, Xodo will display the CURRENT page in single-column mode. To move the next page you will either have exit single-column mode to move to the next page or tap the pages icon (the icon with a grid of nine dots on the left) to select the next page to view.

3. My recommendation

My current recommendation is to use Adobe Acrobat Reader DC. This app doesn't seem to require you to manually move to the next page of the instructions.

I will continue to monitor this topic to see if other apps are able to morph two-column PDFs into a single column when being displayed on a smartphone. If you have had any experience with this topic or know of other PDF readers that convert 2-column PDFs to single-column on smartphones, please let me know at jhgiddings@gmail.com.

CLUB MEMBER - KIMBERLY BRADLEY

**VOLKSSPORT AWARDS T-SHIRT FUNDRAISER
(ALL IN FULL COLOR, DIGITAL PRINTED)**

Help support the AVA - \$1.00 of each T-shirt sold, will be donated to the AVA.
Use of IVV Awards approved by IVV / AVA.

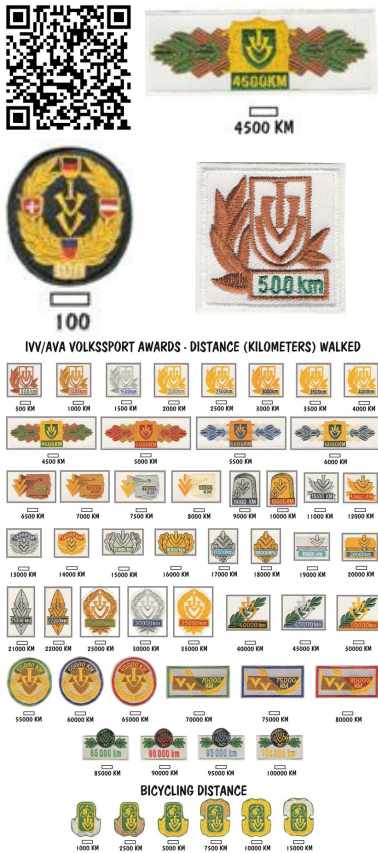
The one T-shirt that has ALL of the Awards offered by the IVV/AVA. Be recognized by everyone at any IVV event worldwide.

Attract new walkers by showing them the awards they can earn through walking with the IVV/AVA.

Want to show how far you've gone, just fill in the little box under each award.
Distance and Bike Awards on the Front and Event Awards on the Back.

100% Soft Cotton, 5.3 Oz, White, Short Sleeve T-Shirt. Neck band is very soft so it won't hurt your neck.

T-SHIRT Cost - \$25.00 – Madison Discount (\$2.00) = \$23.00
Sizes Available – S – Small, M – Medium, L-Large, X-Large,
(XXL - \$2.00 extra – only 6 available)
Postage and Handling – \$7 for 1-2, \$8 for 3-5, \$10.00 for 6-15



Clubs – Special Deal – Buy 10 or more T-shirts and get \$5.00 off each T-shirt (\$25 - 5 = \$20.00). Contact me so we can coordinate on sizes and amounts. Make money for your club with this discount by selling them for \$25.00. Save on postage by picking up at my house.

Website - <https://kimberly-bradley.square.site>
 Contact:
 Kimberly Bradley
 3109 Valerie Dr., Champaign, IL 61822-1830
 PH: 217-778-1718
 E-mail – KimiBradley@COMCAST.NET



SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

NATIONAL EVENTS

MASSACHUSETTS BREAST CANCER COALITION -
 CHERYL OSIMO, EXECUTIVE DIRECTOR

MASSACHUSETTS BREAST CANCER COALITION

Swim, Run, Walk, Paddle, or Kayak

Against the Tide

2021

PARTICIPATE VIRTUALLY

August Event

Participate anytime
August 8th-14th

NEW for 2021!
Full Marathon 26.2 miles

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

PARTICIPATE IN-PERSON

August 14th

DCR's Nickerson State Park, Brewster, MA

| | | | |
|--------|--|--------|---|
| 7:00am | Registration Opens | 8:10am | Competitive 1-mile Swim (non-USMS members) |
| 7:25am | Opening Remarks & Honors | 8:15am | Recreational 1/2-mile & 1-mile Swims (non-USMS members) |
| 7:35am | Warm-up | | |
| 7:45am | National Anthem | 9:00am | 5K & 10K Runs |
| 8:00am | USMS Sanctioned 1-mile Swim (Sanction #021-W004) | 9:05am | 3-mile Fitness Walk |

Swim, Run or Walk with us on Cape Cod!

Proceeds benefit MBCC's work toward breast cancer **prevention, locally and nationally.**

www.mbcc.org/swim or **800-649-MBCC** for more information and to register.

mbccorg
 mbccprevention
 mbccorg

Dear AVA Friends,

I hope this email finds you, your family, and loved ones well.

Massachusetts Breast Cancer Coalition (MBCC) invites you to join us for the annual, statewide Against the Tide events this August! Against the Tide is an annual multi-sport fundraising event in support of MBCC's mission of breast cancer prevention.

Participate In Person or Virtually!

The 22nd Annual Against the Tide Cape Cod event will take place on August 14th at DCR's Nickerson State Park. The event will feature both competitive and recreational ½-mile or 1-mile swims, including a USMS sanctioned 1-mile swim (Sanction #021-W004), 5K and 10K runs, and a 3-mile fitness walk. Prizes will be awarded to the top male and female finishers for the swim and run events.

MBCC is also hosting the Against the Tide Virtual Event August 8th – 14th. The virtual event features your choice of a ½-mile or 1-mile swims, 5K and 10K runs, 3-mile walk, ½-mile paddleboard, and 2-mile kayak components. For participants who are looking to challenge themselves, there is also an Aquathon option consisting of the 1-mile swim and your choice of 5K or 10K run. New for 2021, the event also features a marathon option! Virtual participants are invited to submit their swim, run or Aquathon finish times to our event timing partner Second Wind Timing to be included on the Event Results page.

Register Today!

Registration fees are \$40 for an individual participant, and \$100 for a family (up to 5 family members).

All virtual participants will receive a Participant Fun Pack, including an event t-shirt, bib or swim cap, participant medal, and sponsor items. All in-person participants will receive an event t-shirt and sponsor items.

Now more than ever, MBCC needs your support towards the mission of cancer prevention for our children, grandchildren, and future generations. Please [click here](#) for event details and to register for the Against the Tide in-person and virtual events today!

With warm regards and gratitude,
Cheryl Osimo
Executive Director
Massachusetts Breast Cancer Coalition

Click on image to go to the official website.

**9th Annual Fall
Volksmarch
September 26, 2021**



**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
ADJUNCT AMBULANCE**

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.



**AMERICA'S
WALKING CLUB**
ESTABLISHED 1976

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](#).