



TOUR DE LAS MISIONES WALK

Following the trail along the San Antonio River Walk to the ruins of the Hot Wells Hotel. Photo submitted by Martin Callahan.

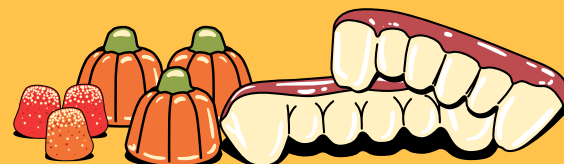


**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

OCTOBER
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NO. 10

CHECKPOINT

WWW.AVA.ORG



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PRESIDENT/CEO - HENRY ROSALES

IMPORTANT DEADLINES

AVA BOARD OF DIRECTORS MEETING NOTICE

The AVA National Board of Directors will meet Wednesday, November 9, 2022, at 6:00 p.m. Central Time Zone. This will be a virtual meeting on Office 365 Teams. To access the meeting [click here on link](#). If you have problems accessing the meeting, please contact Hector at 210-659-2112 or email him at hector@ava.org.

Meeting Deadlines:

October 10, 2022: Agenda items due to the Board Chair at chair@ava.org, please copy henry@ava.org

October 20, 2022: Officer, Board Member, and Committee written reports and all supplemental documents for the November 2022 board meeting are due at AVA National Office.

October 27, 2022: Meeting information package is emailed to Board Members and Deputy Directors.

AVA GENERAL MEMBERSHIP MEETING

The AVA General Membership meeting will take place on Friday, February 24, 2023, in San Antonio, Texas during the 2023 IVV Olympiad and IML Texas Trail Roundup walk festival. At this time, there is no voting that will occur during the General Membership meeting. However, that does not mean things could change by the 60-day cutoff date for agenda items. Should there be agenda items that need to be voted on, clubs will be advised on the credentialing process in December. Clubs must be in good standing to vote at any General Membership meeting. The agenda is set by the Board Chair, Nancy Wittenberg. Should you have questions feel free to contact her at chair@ava.org.

National Officer elections will take place June 2023 via an electronic meeting. The date and time are to be determined. Regional Directors terms continue through June. Per Awards Committee Chair, Carl Cordes, "Due to the 18th IVV Olympiad in San Antonio February 19-26, 2023, we will not have our normal convention and awards banquet next year. While details are still being developed, we anticipate the National Award recipients will be announced in June 2023 on or about the same time we will hold elections for National Officers. Please submit your nominations for awards as usual. Nominations for Regional Awards (Meritorious Service, Commendable Service, Certificate of Appreciation) can be submitted at any time on AVA Form 303 to your RD. These awards are reviewed, approved, and prepared by the Regional Director. Presentation method is determined by the RD. Look for more information and tips on regional and national awards in future Checkpoints."

2023 AVA General Membership Meeting Date, Time, and Location

Date: Friday, February 24, 2023

Time: 1:30 p.m. – 4:30 p.m. Central

Location: San Antonio, Texas – The meeting room will be announced at a later date.

GENERAL MEMBERSHIP MEETING INFORMATION

Date: Friday, February 24, 2023

Time: 1:30 p.m. – 4:30 p.m. Central

Location: San Antonio, Texas – The meeting room will be announced at a later date.

Meeting Deadlines:

December 26, 2022: (60 days before meeting) Agenda items from board members and clubs due to the Board Chair at chair@ava.org, please copy henry@ava.org

January 10, 2023: (45 days before meeting) Agenda sent out to the board members for input

January 25, 2023: (30 days before meeting) Officer, Board Member, and Committee written reports and all supplemental documents for the February 2023 board meeting are due at AVA National Office.

February 3, 2023: (21 days before meeting): Meeting information package for general membership emailed to Board Members, Deputy Directors and Club Officers.

[Click here for Agenda items Form.](#)

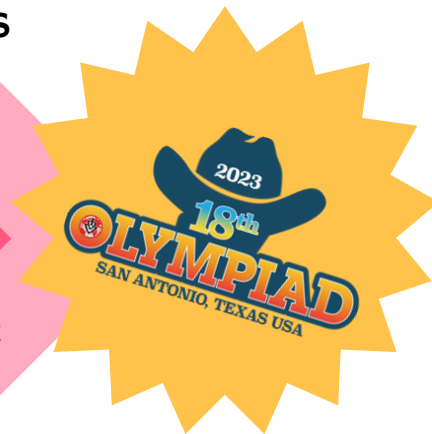
[Click here for Officer Report Form.](#)

[Click here for Committee Report Form.](#)

2023 IVV OLYMPIAD AND IML TEXAS TRAIL ROUNDUP UPDATES

THE OLYMPIAD REGISTRATION CONTINUES! REGISTER TODAY AND RECEIVE A DISCOUNT!

Discounted registration for the 2023 IVV Olympiad and IML/Texas Trail Roundup Walking Festival continues through October 31, 2022. This discount will expire at the end of October so be sure to act fast! Single day passes will be available on the Olympiad registration site soon. The price for a single day pass is \$30.00. This price does not include the Margarita and Taco Trail Walk or the Friendship Celebration.



To register go to: Home - [IVV Olympiad 2023](#)

CANCELLATION AND REFUND POLICY FOR REGISTRATION

All cancellation requests must be submitted in writing and may be subject to a \$50.00 cancellation fee for a full 2023 Olympiad and IML TTR registration, and up to \$25.00 for a partial 2023 Olympiad and IML TTR registration. You must contact the American Volkssport Association Inc. (AVA) no later than January 1, 2023, to cancel your registration for the 2023 IVV Olympiad and IML TTR. Cancellations made prior to January 1, 2023, will be eligible for refunds. No refunds will be given for cancellations made after January 1, 2023. However, if the 2023 Olympiad and IML TTR event is cancelled by the American Volkssport Association Inc, a full refund will be extended to all registrants minus any processing fees charged by third party vendors.

All requests for cancellations and refunds should be mailed to:

American Volkssport Association Inc.
Attn: Erin Grosso
1008 S. Alamo St.
San Antonio, TX 78210-1110
(210) 659-2112

Please direct all inquiries to Erin Grosso, AVA Finance Director at erin@ava.org

HOST HOTEL-LA QUINTA BY WYNDHAM SAN ANTONIO RIVERWALK HOTEL

The La Quinta San Antonio Riverwalk Hotel still has plenty of rooms for the 2023 IVV Olympiad/IML Texas Trail Roundup Walking Festival. The rate for a single, double, triple, or quad room is \$159.00 plus taxes. This price includes breakfast. Parking is discounted at a rate of \$18.00/night for AVA hotel guests. The standard rate is \$26.00. There is a city parking lot across the street from the hotel which may be less. (This hotel is at 75% capacity for the Olympiad.)

This hotel will be the location for registration and packet pickup for all IVV Olympiad and IML Texas Trail Roundup events.

RESERVATION METHOD/PROCEDURE

Reservations will be made by calling 800-753-3757 or by using the link below on or before 1/19/2023:

[Click here to make reservation.](#)

Please use the information below when calling to make reservations.

Reservations Department #: 800-753-3757

Hotel: La Quinta by Wyndham San Antonio Riverwalk (property #53402)
303 Blum, San Antonio TX 78205

Group Name: American Volkssport Association

Group Code: CG8650

Please be prepared to provide credit card information to guarantee reservations.



RESERVATION CUT OFF DATE

The guest room block will be held until **1/19/2023** which is **30** days prior to arrival or until such time as the block has been filled. Any sleeping rooms not reserved by the cut-off date shall be released by the HOTEL for sale to the public.

THERE ARE PLENTY OF ADDITIONAL HOTELS AVAILABLE FOR THE 2023 IVV OLYMPIAD

The AVA has negotiated special room blocks and rates at several hotels that are in downtown San Antonio, all within a couple of miles from the host hotel, La Quinta by Wyndham. The rates vary from \$104.00-\$259.00. To view these hotels and register go to the 2023 IVV Olympiad website at ivvolympiad2023.org and click on the Hotels link. If you encounter problems with your reservation, please call the hotel directly and advise them you are with the American Volkssport Association group or contact Bernadette at bernadette@ava.org. These hotels have agreed to issue the AVA a rebate on room nights therefore, by staying at one of these hotels you are supporting the AVA!

LIKE US ON THE OLYMPIAD FACEBOOK PAGE!

Please go to www.facebook.com/2023IVVOlympiadUSA and "like" us! Invite your volkssporting friends and fellow club members to like us. Help us build awareness and excitement as we move towards 2023! Look for the latest on the joint Olympiad/IML events and answers to questions you may have.

RESERVE YOUR 2023 OLYMPIAD EXHIBIT TABLES NOW!

All AVA clubs are invited to host an exhibit table at the 2023 IVV Olympiad and IML Texas Trail Roundup Olympiad Village. The village will be open from 11:00 a.m. – 7:00 p.m., Monday, February 20 – Saturday, February 25, 2023.

There is no fee for clubs who want to host an exhibit table, only a commitment to open your exhibit a minimum of four hours per day, Monday – Saturday. Exhibits will come with an 8-foot table and two chairs, no tablecloths.

For more information and to reserve your table contact Erin at erin@ava.org

\$59,828 Raised!
**THANK YOU FOR
 MAKING AN IMPACT**



THANK YOU FOR MAKING AN IMPACT!

Thank you to everyone who has already contributed to the Big Give 2022. We are that much closer to reaching our \$90,000 goal thanks to the help and support we received from our 290 wonderful donors. To date, 251 individual donors and 39 AVA clubs have contributed a total of \$59,828.* Each gift made during the Big Give campaign will allow us to further our mission of bringing health and wellness education and activities to our community. Thank you for creating a way to help so many people. A special thank you to our Peer-to-Peer fundraisers, Match Sponsors, and the individuals who gave during the eight Match Minutes. \$2,155 was generated from this year's Match Minutes. Thank you to each and every one of you. We are truly grateful for your generosity and kindness. * (Donor amount includes online and check donations as well as duplicate donors.)

BIG GIVE 2022 GIVEAWAY TIME!

Donate \$100+ for a chance to win a VIP Pass to the 2023 IVV Olympiad or IML. 5 lucky winners will be chosen. (open to individuals & club donors)

For every 50 donors, a 2023 Starting Point Book will be raffled. (open to individual donors only)

Two lucky clubs will be chosen to receive a free registration to the 23rd AVA Biennial Convention. (open to club donors only)



Winners will be chosen after the campaign's end date - October 31, 2022.

The Big Give is not over yet! Our individual donor campaign will continue through the end of October. If you would like to make a contribution, please mail your donation check to the AVA National Office or make an online donation through the [AVA website](#) before October 31, 2022. Remember that any donor (individual or club) who donates \$100 or more to our Big Give fundraiser will have their name entered into a drawing for a chance to win a VIP Pass to the 2023 IVV Olympiad or IML. We will be giving away five VIP Passes! Additionally, for every 50 donors (individuals only), a 2023 Starting Point Book will be raffled off, and two lucky club donors will be chosen to receive a complimentary registration to the 23rd AVA Biennial Convention. This is our way of saying thank you for your support!

ACCOUNTING SPECIALIST - MARIAN DEVAUL**QUARTERLY PARTICIPATION**

It's time once again to submit your 3rd Quarter Participation Reports, even if you had zero participants. Don't forget, the deadline is midnight on October 31st, and all reports submitted after this date are past due and subject to late fees.

2023 CENTURION ACHIEVEMENT CHALLENGE

The 2023 program begins January 1, 2023. You must be an AVA Associate Member (annual or lifetime) to participate in the Challenge. Eligible participants may register for the 2023 Challenge between October 1, 2022 and September 30, 2023 using the official registration form. Please mail forms to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or e-mail to marian@ava.org.

[Click here for Centurion form.](#)



Click on image for form.

OCTOBER 2022 NATIONAL VOLKSPORT MONTH PATCH

October is National Volkssport Month. Celebrate by pre-ordering patches using the order form and returning to the National Headquarters. The 2022 patches are \$5.00 each (20% club discount does not apply. Shipping cost is not included)

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. Don't miss this opportunity to offer this collectible patch to walk participants! Note: AVA will not be ordering extra inventory of this patch, clubs must pre-order the patch. Click on image for form.

2023 STARTING POINT BOOKS - PRE-ORDER NOW!

It's time to pre-order your 2023 Starting Point Book. The deadline is no later than midnight, October 31, 2022. 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.

As our publishing expense has increased over the years, the 2023 Starting Point books will see a price increase to \$30 plus Shipping / Handling. Clubs will still receive a 20% discount. Family and Individual Associate members will receive their 10% discount, and Lifetime members will continue to receive their 15% discount.

2022 STARTING POINT BOOKS ON SALE!

We have discounted our 2022 Starting Point books. They are now available for sale at a cost of \$15.00 plus \$7.00 for Shipping / Handling. For purchase, please e-mail marian@ava.org, or call 210-659-2112.

FINANCIAL

If your club's fiscal year ends on 6-30-22, it is time to file your 990 E-Postcard, Annual Financial Report (AFR), and update your club officers and members. 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.

IT SPECIALIST - HECTOR HERNANDEZ**2023 STARTING POINT PHOTO CONTEST**

Thank you to everyone who has submitted their photos for the contest. Our Publicity Committee will be reviewing them and sending me the results as soon as they can. Good luck!



PROGRAMS COMMITTEE - TIM MINER, CHAIR

The America's Walking Club online webinar for **October is Wednesday, October 19th at 8 pm Eastern**. It will last for one hour.

[Register in advance for this meeting by clicking here](#)

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


Topics:

Updates on the 2023 IVV Olympiad and TTR in San Antonio in February
How will AVA hold the annual convention in 2023?
Pole Trekking as a bonus on your walking experiences

IT COMMITTEE - MIKE GREEN, CHAIR



SMARTPHONE VIEWING OF OSB WALK DIRECTIONS

We all are anxiously awaiting the development of an AVA App to provide turn-by-turn directions (something like a car GPS does when directing us to a chosen location). Meanwhile, there is currently a free App available that will help you to more conveniently use/view OSB walk directions on your favorite mobile device (smartphone).

 Liquid Mode - The free Adobe Acrobat Reader application (App), that you can download on your iPhone, iPad, or Android device, now supports a feature known as a “liquid mode”. Using the latest Adobe Acrobat Reader App to open/view an OSB directions PDF file, you may then choose to activate liquid mode (tap the tear drop icon at the top of the display). With liquid mode activated, the OSB directions file pdf, that is typically formatted for printing as an 8.5”x11” page, will be reformatted to fit on your device’s screen. (Note, depending on the processing speed of your device, it can take a moment for the reformatting to finish completely.) Then to view the entire PDF contents, you simply scroll (swipe) up and down. Also, in liquid mode the 2 column walk directions are formatted into a single column preserving the order of the original 2 column directions. You may also choose to increase the size of (zoom in) the displayed page to further enhance your view.

Note: Other PDF viewer Apps may also support this popular viewing feature.

Where is my downloaded directions PDF? - Smartphone users who manage to register and download OSB directions can lose track of the directions they just downloaded. Depending on the smartphone and Internet browser used when the OSB directions PDF file is originally downloaded, the PDF may or may not be displayed after the download is completed. Either way, one reliable way to arrange for later access to this PDF file is to email the PDF to yourself as a file attachment.

Sending yourself an email with an attached PDF - If the PDF is currently displayed by your browser, tap the “Share” icon (Apple - , Android - ) to share the PDF via an email to yourself. If the PDF is not currently displayed, create a new email then choose the option to attach a file (Apple - a long tap in the body of the email displays a menu bar that includes a file attachment option, after tapping the right arrow. Android/Gmail - tap the paperclip icon.) Upon activating the file attachment option, a file selection box will appear that lists files by their creation date, the most recent first. A recently downloaded OSB directions PDF file (having a file name of the form, Y#####.pdf) should be near the top of the selection file list. Once the directions PDF is attached to the new email, send this email to yourself.

Then in your email inbox, you will have this email with the PDF file attached. Assuming the free Adobe Acrobat Reader App is installed, open this email, then tap on attached PDF file. Apple users should then tap on "Share" icon then tap the Adobe Acrobat Icon. Android/Gmail users should now be seeing an "Open with" screen, tap on Adobe Acrobat Icon. (More experienced Android/Gmail users may wish to configure their device to make the Adobe Acrobat Reader the default application for displaying PDFs.)

Warning - Continuously using a phone during a "lengthy" walk may exhaust the battery charge before the end of the walk. Consider carrying a battery-based phone charger to re-charge your phone along the way.

NOMINATIONS COMMITTEE - CHRIS MELLEN, CHAIR

ELECTION OF OFFICERS IN SAN ANTONIO, TEXAS 2023

Think about what you have done for your club, your state association, your region, and AVA. You have ideas about how AVA could do things better. Now is the time to step up and make a difference. Run for national office as an officer candidate!

Your election committee will close out "intent to run" soon. Send me an email at capecodcyr@gmail.com to discuss.
Chris Mellen, Chairman Election 2023

SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

INTERNATIONAL EVENTS

NATIONAL EVENTS

Click images to go to
official website.



Save the Dates for
WALKFEST VANCOUVER
September 22-24, 2023
3 Days of Beautiful Walks
Including Walks in
World Famous Stanley Park
and on
The World's Longest Seawall
Three Hour Harbour Cruise
Including Onboard Banquet

Hosted by
Vancouver 'Venturers Volkssport Club
www.vancouverventurers.com
www.facebook.com/groups/vancouverventurers



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](mailto:MessageUS@ava.org).