



Tour de Castroville Walk - Walkers stop for a picture along the walk trail in front of the Old Landmark Inn building. - Photo submitted by Martin Callahan



IN THIS ISSUE:

- Joining IVV - Americas Pg. 1
- New AVA Benefit Pg. 1
- Big Give Pg. 2
- Reservation Info Pg. 2
- Registration Cut Off Pg. 2
- Additional Hotel Update Pg. 3
- Registration Now Open Pg. 3
- Volunteers Wanted Pg. 3
- Olympiad Special Events Pg. 3
- Publicity Committee Update Pg.4
- Marketing Material Pg.4
- May Physical Fitness Patch Pg. 4
- Starting Point Book Pg. 4
- Reminder Pg. 4
- Banner Update Pg. 5
- Welcome Pg. 5
- Membership Meeting Pg. 5
- Call for Proposals Pg. 6
- Recognition Awards Pg. 7
- Online Monthly Meetings Pg. 7
- Bonnie Christensen Pg. 8

PRESIDENT/CEO - HENRY ROSALES

AVA BOARD OF DIRECTORS APPROVE JOINING IVV-AMERICAS

During the May 11, 2022, board meeting, the IVV Americas Special Committee chaired by Bob Morrison presented a report and motion recommending the AVA join the International Federation of Popular Sports – Americas, (IVV-Americas). The motion was approved. An application for acceptance to the IVV-Americas was submitted May 27, 2022 and approved by the IVV-Americas board on Friday, June 3, 2022. Special thanks to Bob Morrison and his committee for their efforts.

For more information refer to the May 11, 2022, board meeting minutes on the AVA website or contact your Regional Director.

NEW BENEFIT FOR AVA CLUB AND ASSOCIATE MEMBERS!

HotelPlanner, a leading provider of online hotel sourcing and reservation services, has partnered with AVA to offer its members discounted rates on their hotel stays.

“Working with the American Volkssport Association is a great privilege for Hotel Planner,” said Wayne Robbins, Director of Affinity Sales at HotelPlanner. “We are excited to work with their members to provide additional value for their membership by providing deeply discounted hotel stays. The team at AVA has been very collaborative and is very focused on ensuring that their members get best-in-class products and services.”

HotelPlanner has a state-of-the art booking portal that aggregates discounted room rates from many distinct sources to bring AVA members the best published and unpublished proprietary room rates and terms for their hotel for that date.

Through its relationships, HotelPlanner offers over 950,000 lodging options with the most room inventory and available room categories, at hotels, condo rentals, bed ‘n’ breakfast Inns, corporate housing, and rental homes, including VRBO.”

Booking a hotel stay via our relationship with HotelPlanner not only is great savings for you, but you are also supporting AVA as well! Click [HERE](#) to book a hotel stay today!

Mark Your Calendars!

THE BIG GIVE 2022

6 PM Thursday, September 22 through
6 PM Friday, September 23



2023 IVV OLYMPIAD AND IML TEXAS TRAIL ROUNDUP WALKING FESTIVAL UPDATES

HOST HOTEL -LA QUINTA BY WYNDHAM SAN ANTONIO RIVERWALK HOTEL

The La Quinta San Antonio Riverwalk Hotel still has a limited number 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 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.

HOTEL 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. 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! Most hotels will allow guests to arrive a day earlier or leave a day later at the negotiated rate. If online registration does not allow this, please contact the hotel directly or contact Bernadette@ava.org

THE OLYMPIAD REGISTRATION IS OPEN! REGISTER TODAY TO RECEIVE YOUR DISCOUNT!

You can now register for the 2023 IVV Olympiad and IML/Texas Trail Roundup Walking Festival. Be sure to register before October 1, 2022, to receive the early bird discount. To register [click here](#).

The host hotel, La Quinta, will be the event registration and packet pickup site.



VOLUNTEERS WANTED!

This will be an incredible event that will require many volunteers. If you would like to volunteer, please contact Susan Pinneke at nc_rd@ava.org.

The 2023 Olympiad/IML TTR committee meets monthly. We welcome your concerns, questions, recommendations, and Olympiad stories! If you would like to share with us, you may contact us at olympiad2023@ava.org

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.

OLYMPIAD/IML SPECIAL EVENTS

MARGARITA AND TACO TRAIL WALK

San Antonio is designated as a UNESCO Creative City of Gastronomy. Our culinary scenes are bursting with savory flavors and frosty cold beverages! This trail will introduce you to some of the finest frosty Margarita and scrumptious Taco places in San Antonio. Drop by participating restaurants, breweries, and shops on the trail, get your book stamped and receive free samples, coupons, and other goodies. All participants who fill up their passport book with stamps will receive a special award. The cost of this event is \$18.00. The Margarita and Taco Trail walk is not an IVV sanctioned event. Participants will receive a passport book they can stamp at participating restaurants and shops throughout the week. Upon completion, the book can be redeemed for a special award. (Redemption location TBD.)

IVV/IML FRIENDSHIP CELEBRATION

The common purpose of the IVV, IML and AVA is to promote good health and foster international friendships and goodwill. Join us for a fun filled international celebration with music, food, entertainment and friendly people from all over the world! Break out the dancing shoes and let the party begin! Cost of admission includes light hors d'oeuvres, 2 drink tickets and entertainment.

COMMITTEE UPDATE

Have you registered for the 2023 Olympiad in San Antonio, February 19 – 26, 2023? We encourage you to register early, [click here](#) (before September 30). This is a huge undertaking for the committee, and they need to order medals, bags, and other goodies in October to ensure items arrive in time for the event in February. We are also sending out a survey to everyone to ask your thoughts about the Olympiad. Everyone who responds will be entered to win an IVV Olympiad pass, or an IML Texas Trail Roundup pass. **To participate in the survey [click here](#)**, please respond by August 31.

We have been working on the [Olympiad website](#) to give you more information, with [FAQs \(Frequently Asked Questions\)](#), information about San Antonio and all the Things to See, along with more information as the Olympiad gets closer. If there is something you are not finding on the website, please let me know: finesusan25@gmail.com. Most immediate updates will be posted on the [Olympiad Facebook page](#). We encourage you to share posts on your personal page, to encourage family and friends to join you in San Antonio.

The event includes seven days of walk, bike and swim events. The IVV Olympiad is February 19-22, 2023, followed by the IML Texas Trail Roundup February 24-26.

ACCOUNTING SPECIALIST - MARIAN DEVAUL

OLYMPIAD MARKETING MATERIALS:

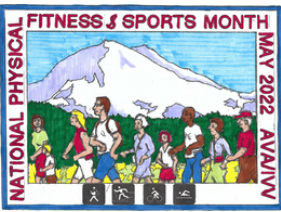
We have the following free promotional materials available to Clubs for Olympiad marketing:

Key Chains, Save the Date Cards, Generic Business Cards, and the linked [Electronic Flyer here](#).

If you would like any of these materials, please fill out the linked [Olympiad Promotional Material form here](#) and return to marian@ava.org.



Click on images to view.



Click on image for form.

MAY NATIONAL PHYSICAL FITNESS PATCH

If you missed the opportunity to purchase the 2022 May National Physical Fitness Patch, we still have some available for sale. The cost is \$5.00 each to clubs which does not include shipping/handling or the 20% club discount. For purchase, please e-mail marian@ava.org, or call 210-659-2112.

STARTING POINT BOOKS

We still have books available for sale at a cost of \$25.00 plus \$7.00 for shipping and handling. For purchase, please e-mail marian@ava.org, or call 210-659-2112.

IT SPECIALIST - HECTOR HERNANDEZ

REMINDER

Stamps are sent out 2 months prior to the event. If you have not received your stamps 3 weeks prior to your event, please let us know as soon as possible. Last minute stamps are time consuming and expensive for everyone. Also if you are sanctioning an Event with a start date less than 60 days away, please notify us so that we may determine if there is a need to do a special stamp run to get the event stamp cut and sent prior to the event.



BANNER UPDATE

The next batch of banners have been completed. Banners will be sent out beginning this week and poles will be sent out next week. Please note that the banners will ship from our office and the poles will ship from the vendor to your Clubs address so they will be coming in two separate deliveries. If you have any questions please contact me at the office (210) 659-2112 or email me hector@ava.org.

WELCOME - BERNADETTE SALAZAR, AVA TEAM MEMBER

HEY YALL!!

My name is Bernadette Salazar, and I am a 22 year old young and fun college graduate! I recently graduated with my bachelors in Pre-Law Political Science with a concentration in American Politics and a minor in international business this past May 2022! THANK YOU TO GOD! I have always dreamed of being an attorney and CEO, and I'm currently working towards these goals as we speak. I just got my acceptance into the MBA program at UIW where I will be pursuing my Masters in Business Administration this fall. This summer, aside from working with AVA, I am currently studying for the LSAT as I prepare to take it this upcoming fall and plan to attend law school next fall 2023 after I complete my MBA this upcoming year. I am an extremely outgoing individual who loves to live life to the fullest and work hard to achieve my dreams. I think the world is your oyster and you can literally be anything you want to be if you put your mind, faith, and work to it. I learned a LOT these past four years of undergrad, but most importantly I learned how important it is to ALWAYS stay true to myself and the plans that God has for me. I learned to go after my wildest dreams unapologetically and that if someone tells me no, I'm simply just talking to the wrong person. Be confident, be bold, and live a life that's limitless. I'm super excited to be a part of AVA and this phenomenal team and I can't wait to bring all that I have to offer to the table as well as learn and grow as much as possible throughout this opportunity. I'm ready to shake things up and HAVE SOME FUN!!



CONVENTION COMMITTEE - JERRY WILSON, CHAIR

MEMBERSHIP MEETING DELEGATES - 2023: SAVE THE DATE!

Plans for the 2023 Membership Meeting are to convene on Friday, February 24 for a one-half day to hold the first session in San Antonio, TX. Don't miss it! Details will come out closer to the date. The second and final session will be convened on-line at a later date, June 2023 was decided during the May AVA Board Meeting.

Members have so many reasons to come to San Antonio in February 2023:

- The first IVV Olympiad ever held in the Americas - Sunday, February 19 - Thursday, February 23;
- The 2023 Biennial AVA Membership Delegates Meeting - Friday, February 24; and,
- The 2023 Texas IML - The Texas Trail Roundup - Thursday, February 23 - Sunday, February 26.

Don't miss it!

CALL FOR PROPOSALS TO HOST THE 2025 AVA BIENNIAL CONVENTION

The American Volkssport Association (AVA), America's Walking Club is issuing a Request For Proposals (RFP) for local clubs jointly applying, a singular club and/or state association to host the 2025 AVA Biennial Convention. RFP documents are available upon request from the National Office.

Typically every two years the membership of the AVA convenes for seven (7) to nine (9) days to participate in some of the best organized walks in America as well as other noncompetitive fitness activities before, during and after a national general membership business meeting. We refer to this convening as our biennial convention. The number of individuals who attend the full convention could be approximately 350. However, the number of individuals who attend the walks and social events exceeds 700! Our goal is to increase these numbers by 25%.

The biennial convention includes the business meeting (two one-half day sessions), workshops, socials, an AVA Board Meeting, silent auction, cash raffle, exhibit booths and health fair, walking events and other noncompetitive physical fitness activities which take place during three days of the convention and the a nine-day convening period with pre and post convention activities.

Those Considering Submitting Proposals (RFPs) Need to Develop a Proposal
(140-plus day development period from the published date of this RFP)

September 1 Due Date for Proposals (RFPs) to Reach the National Office

September 1 - September 21 A Review of Submitted Proposals Will be Conducted by National Office Staff, and Representatives of the Convention Committee (21 Day Review Period)

October 1, 2022 Two (or Three) Semi-Finalists Will Be Notified and On-site AVA Visits Will Be Scheduled

October - November 4, 2022 On-site Visits by National Office and AVA Convention Committee Representatives at Semi-Finalist Locations, Tour Sites and Meet Local Committee Members

November 9 National Office and the Convention Committee Present Semi-Finalists to the Board at the Board Meeting Requesting Board Input, and if Desired, a Board Recommendation

February 20-23 or 20-26 Semi-Finalists Will Be Offered a Booth in San Antonio to Share Information

February 24, 2023 Membership Business Meeting - In-Person or Video Presentations by Semi-Finalists

March 2023 Member Delegates Selection/Vote - Virtual Voting (Date to be selected.)

April 3, 2023 Finalist Selected Will Be Notified, as Well as the Runner-up

April 2023 - May 2025 Local Preparation and Scheduling for 2025 Convention Activities Continuous Contact With National Office Staff and the Convention Committee (National Office Executive Director Approves and Signs All Convention Related Contracts)

If you have questions, please contact Henry Rosales at henry@ava.org or (210) 659-2112 or Jerry Wilson, Chair, Convention Committee at Convention@ava.org or (608) 695-6449 (leave a message)

AVA RECOGNITION AWARDS NOMINATIONS

The awards program is designed to recognize and honor those that have made significant contributions to furthering the AVA mission. As summer approaches take time to think about who in your walking community deserves recognition either at the national or regional.

National Awards are considered every two years and timed to be presented at our Biennial Convention. Nominations are first submitted to your RD no later than November 1 in the year prior to the Convention. Use AVA Form 302 for these nominations:

- **Hall of Fame** - This is the lifetime achievement award for the AVA. Should have previously received the Distinguished Achievement award.
- **Distinguished Achievement** – More than just years of service to an individual club. Should have previously received Meritorious Service Award.
- **Ted Ballman Memorial Youth** – An individual or organization inside or outside AVA who has worked to enhance or promote Volkssport programs for youth.
- **Trailblazer** - Significant contribution by an AVA Club to the development of walking trails or to the support of trail related issues.

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. So please submit your nominations 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.



PROGRAMS COMMITTEE - TIM MINER, CHAIR

The America's Walking Club online webinar for June is **Wednesday, June 15 at 8 pm Eastern**. It will last for one hour. Pre-registration is required.

Topics for this month include:

What does being part of the IVVAmericas mean for AVA?

What's new for the upcoming IVV Olympiad in February?

Report on the Canadian Volkssport Federation conference and new opportunities across the border!

Registration link below:

Register in advance for this meeting:

[https://us02web.zoom.us/meeting/register/tZYqf--grj0qE9zRu7N9qdcphL8KMh-ByInL](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/tZYqf--grj0qE9zRu7N9qdcphL8KMh-ByInL)

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

BONNIE CHRISTENSEN R.I.P. APRIL 28, 2022



One of my first memories at my first Volkswalk event in 2003 in the skywalks of Des Moines, Iowa was Bonnie Christensen and her longtime cohort, Ardith Ortgies zooming by me like I was standing still wearing their green German felt hats loaded with pins and ladders and vests covered in Volkssport patches from the many events they had done over the years. Sadly, Bonnie recently passed away at the end of April from complications of Alzheimer's disease at the age of 87. She will be greatly missed by everyone in our club.



You really cannot tell Bonnie's story without also telling Ardith's, especially when it comes to Volkssporting. Bonnie and Ardith were charter members of the Greater Des Moines Volkssport Assn in 1985. Their passion for Volkssporting knew no bounds. Over the years they organized many walking events, Bonnie served as membership chair for many years (I remember receiving a lovely, personal welcome from Bonnie when I joined the club in beautiful handwriting), they organized many Volkssport Christmas parties, Anniversary celebrations, potlucks and overseas trips. They were also instrumental in planning the 2011 Convention here in Iowa. When they weren't busy with club activities, they managed to find the time to complete sanctioned walks in all 50 states and 32 foreign countries. Bonnie received a Certificate of Service in 2005 and 2011 and Meritorious Service Awards in 1997 and 2007. She received a Distinguished Service Award in 2011. Bonnie and Ardith also published the club's monthly newsletter from 1989 until 2018.

Bonnie and Ardith were hot air balloon enthusiasts and were on a "chase crew" for a pilot they had befriended and they volunteered for many years at Salisbury House, Des Moines' English Castle. Bonnie was also a member of the Scandinavian Club and volunteered at Blood Center of Central Iowa.

Our club wouldn't be what it is today without Bonnie and we will remember her fondly. Condolences may be expressed at HamiltonsFuneralHome.com

SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

NATIONAL EVENTS

Click images to go to
official website.





Mid-America Regional Conference

MAC2022

June 17 - 19, 2022

Dayton, Ohio

21st Annual
US FreedomWalk Festival
14 - 16 October 2022
 — 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

SOLAR ECLIPSE
APRIL 8, 2024
SAVE THE DATE

The Texas Hill Country will be one of the few places in North America in complete totality of the solar eclipse. Observers will see about 4 minutes and 29 seconds of totality!

The Randolph RoadRunners are planning **5 & 10 km walks** in Kerrville, Texas

COME WALK WITH US
www.randolphroadrunners.info

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](#).