

"52 walkers welcomed in 2019 at Iowa's Walking Club's annual Mall Walk New Year's Day. Great start to the new year."—Diana Whited



VOLUME 28, NUMBER 1



Fun, Fitness, Friendship

January 2019

[www.ava.org](http://www.ava.org)

# CHECKPOINT ✓

## Upcoming NEC Meeting Deadlines

### National Executive Council (NEC) Meeting Announcement

The next NEC meeting will be held January 11 – 13, 2019 at La Quinta Inn – Tucson Airport, 7001 South Tucson Blvd, Tucson, Arizona 85706. (520) 573-3333. For more information on the meeting contact Samanta at [samanta@ava.org](mailto:samanta@ava.org)

## NEC and Committee Updates

### National Special Programs—Susan Medlin, Chair

### Texas Trail Roundup



San Antonio is open for business and ready to welcome you to our 3rd Annual Texas Trail Roundup Event, February 22 - 24, 2019. This is the year we will be graded on our status as a Candidate IML Event. Our IML Inspectors are coming from Luxembourg and Sweden. They want to see 400 people at our event, so we need every walker who can make it here. You can easily register at [www.texastrailroundup.org](http://www.texastrailroundup.org), or download, print, and fill out the brochure and mail it in with a check. If you have any questions about the event, or you would like to volunteer on

one or more of the days, please email me at [sueammed@aol.com](mailto:sueammed@aol.com). I will be happy to answer your questions about this outstanding event. One important note: for those walkers who want to do our popular Half Marathon (21k) event on Saturday, February 23; we have one 58 passenger bus to pick up all the walkers at the Holiday Inn at 7 am and drop them off at Mission Espada, 12 miles to the south. Walkers will visit Mission Espada, Mission San Juan, Mission San Jose, and Mission Concepcion, using the Acequia, Mission Reach, and Riverwalk trails. If you want to do that walk, please pre-register so we can insure we have adequate bus transportation.



Hello from the 2016 Texas Trail Roundup.— Photo courtesy of AVA National Office

### Call to Convention

I hereby notify all AVA National Officers, Regional Directors, State Organizations, and AVA Member Clubs of the 2019 American Volkssport Association 21st Biennial Convention, and invite you to participate. The AVA will hold the convention at the Red Lion Hotel, 188 Wolf Road, Albany, New York from Wednesday June 12 through Friday June 14, 2019 to elect officers, to receive reports of officers and committees, and to conduct other business that may arise.

**Voting Privileges:** Each National Officer, Regional Director, State Organization, and Regular Member Club in good standing forty-five days (April 29, 2019) before the opening general session is entitled to one vote in each election and on each matter submitted to a vote of the members. The Executive Director shall have no vote.

**Delegates:** A delegate normally represents each State Organization and Regular Member Club at the General Sessions. Each State Organization and Regular Member Club designates its delegate by completing AVA Form 500, Delegate Selection and Proxy Designation, and ensures the designated delegate registers for the 20th AVA Biennial Convention. The AVA National Headquarters will mail AVA Form 500 to National Officers, State Organizations, and Regular Member Clubs.

**Alternates:** State Organizations and Regular Member Clubs in good standing may designate an alternate by completing AVA Form 500 and ensuring the designated alternate registers for the 21st AVA Biennial Convention.

**Proxies:** State Organizations and Regular Member Clubs in good standing may vote by proxy by designating a proxy on AVA Form 500. A proxy can only be given to a person certified as a delegate for the 21st AVA Biennial Convention. Candidates for AVA National Office or candidates for Regional Director may not carry proxies.

**Responsibilities:** Delegates, alternates, and proxies will present their copy of AVA Form 500 to the Credential Committee at the convention, attend the convention, participate in all general sessions, and attend workshops. A club may transfer voting privileges to an alternate only in an emergency. The club should advise the delegate, alternate or proxy on voting positions for elections and other business upon which the membership might vote. Delegates should report back to the club they represent on the general sessions and workshops.

*Registration is now open!  
For more information  
please visit the 2019  
Convention site by  
clicking the logo.*

### Nominations Committee—Tom Jackson, Chair

#### Candidates for AVA National Officer

At the AVA Convention in Albany, NY in June, we will be electing the AVA President, Vice President, Secretary, and Treasurer for the term of office from July 1, 2019 to June 30, 2021. These are our candidates:

For AVA President: David Bonewitz, Louisville, TN. [Click here for biography](#) .

For AVA Vice President: Nancy Wittenberg, Puyallup, WA. [Click here for biography](#).

For AVA Secretary: Cecilia Miner, Woodbridge, VA. [Click here for biography](#).

For AVA Treasurer: Chase Davis, Lacey, WA. [Click here for biography](#).

The only other opportunity for someone else to become a candidate is for them to be nominated from the floor during the AVA Meeting on June 12 in Albany.

For more information, please contact Tom Jackson at [nominations@ava.org](mailto:nominations@ava.org) or (717) 677-6511.

## AVA Programs—Debra Kruep, Chair

### Virtual Online Program 2019



Come join the Virtual Online Challenges for 2019. Get ready to stay active and have fun while exploring the country known for its hockey, maple syrup, and polite people. While physically walking in anywhere USA or in the world you can also walk virtually through Canada, the world's second largest country. We have partnered with the Canadian Volkspport Association to bring you many of the permanent IVV trails in Canada. Many of the cities we visit will have one or more

IVV trails and we will bring you fun facts and highlight interesting places to see. This program will run from January 1 to December 31, 2019. Look for the Walkin' Canada logo on the AVA website to register. The program cost is \$22.00 and you will receive an AVA Walkin' Canada T-shirt upon completing the walk across Canada. Canada has been scaled to meet our walking challenge.

### Regional Team Challenge

In 2019 we bring you not one, but two challenges right out of the gate. When you register for Walkin' Canada you may also join ranks with walkers in your region. Each of the ten AVA regions will have a team. It doesn't matter how many walkers you have, large or small, all teams have an equal chance to win bragging rights by walking towards the elusive Traveling Trophy which will be awarded to the region who acquires the most steps by the AVA Albany convention conclusion and award dinner. Could this be your region? What a terrific way to get some friendly banter about the sport we love! Once enrolled in Walkin' Canada you will receive an invitation to join your regions team by your Regional Director or a designated representative.



Sounds like a good time, eh? Put on your hat and boots and let's walk!

*The registration for Walkin' Canada is now open on the AVA website. For more detailed information about the new Virtual Online Programs for 2019 [click here](#).*

#### 2018 VOP Team Challenge Results

Congratulations to the top three teams in 2018!

- 1st: Salem OR WW 22,580
- 2nd: Southeast Region 10,313
- 3rd: Northwest Region 98,32

Are you ready for 2019? If you are enrolled in Walkin' Canada VOP, click on the team tab in your walker tracker account and join your region's team!



#### Youth

Thank you to the Twin Cities Volkspport Club and coordinator Rita Holland for hosting the 2019-2020 Walk Together Patch contest.

Correction: The Mon Valley Trailblazers had 57 walkers attend the Moon Pie and Star Party Walk Nov 3.

### 401K Day January 26, 2019



All those walkers completing the 401K: Invest in your Health Challenge have another opportunity to show off your accomplishment! Let's all celebrate by wearing our 401K T-shirts on Saturday, January 26, 2019 while attending any AVA traditional or YRE event. Take a picture of you and anyone else you can squeeze in there! Please post your photos on the AVA Facebook page. Flash that red and a smile! Don't forget our sponsors and show that back side! Thank you to all who participated and took the challenge to invest in your health.

Awards & Membership—Karen Winkle

## AVA Process for Submitting Event/Distance Books Electronically

Walkers need to scan books and submit to Karen Winkle via email: [karen@ava.org](mailto:karen@ava.org)

All books must meet following guidelines in order to be processed electronically:

- Front of the book must be complete to include name, address, phone number and email.
- Member should indicate in the email whether they wish to receive patches, pins or certificates.
- The entire book must be scanned –
- Green and Purple books will scan properly on a 8.5"x11" page.
- Rose books must be copied front and back and only two columns per page. If the copy is reduced it is often too small to read.
- Pins, patches and Certificates will be mailed as usual.

**NOTE:** As of 12/2019 this electronic process of scanning & processing books does not include the Achievement Record Books. These books must be mailed to the AVA at 1001 Pat Booker Rd Ste. 101, Universal City, TX 78132 Attention: Karen Winkle.

\*\*\*\*NOTE: It is 2019!! Don't forget to buy your new Centurion book and turn your 2018 Centurion book in!

Information and Technology Specialist—Hector Hernandez

### Walks to Remember

A new year with new walks. What's a new walk in your area? Share it with your friends, share it with AVA. If you are in need of assistance marketing January/February walks and events please email your walk or event information to [hector@ava.org](mailto:hector@ava.org).

## AVA Biennial Publicity Contest – 2019

As the excitement builds for the 2019 Convention in Albany, New York so grows the anticipation for all the interesting and unique entries in our Biennial Publicity Contest! Winners of our 2019 national competition will be recognized at the 22nd AVA Biennial Convention, June 9-16, in Albany, New York.

All entries must have been created or occurred during the time-period from January 1, 2017 to April 1, 2019. Specific rules and submission category guidelines are attached. A separate Official Entry Form must be submitted with each entry and this form may be reproduced as needed. Submit your form in an envelope and attach it to the items submitted for judging. All photography category entries must include the Photo Release Form.

Competition in the AVA contest is open to AVA members, clubs and state organizations. Names of the winners will be published in the American Wanderer newspaper, the AVA website, and other promotional outlets. Winning photographs or other images may be used on our website or for other purposes such as the cover photo on the "Starting Point" book.

AVA cannot be responsible for any late, damaged or incomplete entries. All entries submitted to the contest will become the property of AVA and may not be returned.

All submitted entries must arrive at AVA National Office no later than April 15, 2019. Mail them to the American Volkssport Association, 1001 Pat Booker Road, Ste. 101, Universal City, Texas 78148, Attention: Publicity Contest or email with the subject line "Publicity Contest Entry" to [hector@ava.org](mailto:hector@ava.org).

**Entry submission deadline is April 15, 2019 Midnight/Central Time**

[Photo Release Form](#)

[Categories/Guidelines](#)

[Official Entry Form](#)

## Multi-Event Calendar

Under the events tab on the website we have the Multi-Event Calendar. Here you will find yearly events that happen with 2 or more events throughout the weekend. If you have any info or updates for the calendar please email them with the format in the image to [hector@ava.org](mailto:hector@ava.org).

<b>Event Name</b>
<b>When</b>
<b>Where</b>
<b>Event Website</b>
<b>Flyer</b>
<b>Point of Contact</b>
<b>Comments</b>

## Starting Point Changes

Starting Point changes on the AVA website are only for events published in the Starting Point. Please remember to make all changes within your ESR and then send to Hector. The website will be updated weekly. Email changes to [hector@ava.org](mailto:hector@ava.org).

*Click here for this months [Starting Point Changes](#)*

## Communications— Samanta Sanchez

### Come Together on March 28

On Thursday, March 28 our walking community is coming together for a cause – our cause. Our cause is to help bring Fun, Fitness and Friendship to all. Please consider making a contribution to the Big Give to help us continue to provide fitness programs to communities across the nation.



This year is off to a great start already. Once again, Nancy Wittenberg has contributed \$10,000 towards our match. Thank you Nancy! Your online contributions can make an impact as well. Organizations with the most unique donors at a specific time frame can win \$1,000 in prize money. \$250 to up to \$2,000 will be awarded to the organization with the most unique donors at the end of the day. Don't forget, your donations also make you eligible to win AVA prizes. Our past winners have been awarded Starting Point books and even a free convention registration! Please save the date! Any contribution, big or small, makes a difference.

Donations can be made online on March 28, 2019 through [www.biggive.org](http://www.biggive.org). If you are not able to donate online on March 28, you may donate online starting March 21. You may also donate to our campaign by sending a check to the AVA National Office through May 31. Big Give updates will be announced in the TAW, Checkpoint, website, and social media.

## Convention Hotel Updates

The Red Lion Hotel in Albany has officially sold out! This is exciting news! We are happy to learn that we will see a lot of you at the convention. If you did not have the chance to book your reservation at the Red Lion Hotel, no need to worry. The AVA now has a block of rooms reserved with Red Roof Inn at a discounted group rate of \$77.99. Please note, Red Roof Inn is not a full-service hotel and continental breakfast will not be included. To make your reservations please call the number below and ask for the American Volkssport Association group rate.

**Red Roof Inn Albany Airport**  
**188 Wolf Rd**  
**Albany, NY 12205**  
**For reservations dial: (518) 459-1971**  
**Group Name: American Volkssport Association**  
**Block code: B112AVA611**

## 2019 Insurance Certificate

The General Certificate of Liability Insurance for 2019 is now available for clubs through our AVA website. [Click here](#) to download and print a copy of the certificate. If you are in need of a Certificate of Insurance for an Additional Insured, please submit your request through your club's ESR. [Click here](#) for step by step instructions on how to submit your insurance request online. Please email Samanta at [samanta@ava.org](mailto:samanta@ava.org) for any questions or concerns.

## Accounting Specialist—Marian DeVaul

## Participation Reports

Don't forget the 4th Quarter Participation reports are due by January 31, 2019. It is always very much appreciated when you file as soon as possible. Reports will be considered late as of February 1<sup>st</sup>, and subject to late fees for each event that has not been filed.

## Merchandise



2019 Starting Point Books are still available for purchase at a cost of \$25.00 + shipping.

Purchase your 2019 AVA Calendars while supplies last! They are large 11 x 17 calendars with lots of pertinent information listed: holidays, weekend walking events, AVA deadlines, along with highlighted National events. The price is \$13.50 plus shipping.

To order the above merchandise, please call Marian at 210-659-2112 or email her at [marian@ava.org](mailto:marian@ava.org).



## AVA's Executive Director's Update—Henry Rosales

### TAW Production Changes Effective January 1, 2019

During the June meeting, the National Executive Council voted to reduce production costs of the The American Wanderer (TAW) by as much as 50% as part of the renegotiation of a contract extension with the current publisher in effort to reduce AVA operational expenses. The annual cost of the TAW is approximately \$32,000 to publish and mail 6 issues.

**Effective January 1, 2019, the TAW publication will be distributed quarterly instead of bimonthly. This change will save the AVA over \$10,000 per year.**

The new 2019 TAW print deadlines will continue to be on the 25th of the month as follows:

January 25, 2019 – For the March Issue (Quarter 1)

April 25, 2019 – For the June Issue (Quarter 2)

July 25, 2019 – For the September Issue (Quarter 3)

October 25, 2019 – For the December Issue (Quarter 4)

With these new deadlines it is very important events get sanctioned 90 days in advance to insure they are printed in the TAW. Members can still request the TAW in an electronic format, a hard copy or both. The TAW is a membership benefit for all AVA Lifetime and Associate Members.

### Marketing/Publicity Campaign Update

In the January 2017 Checkpoint I announced the AVA's Publicity Committee's plans to create a national marketing/publicity campaign in 2019. I am happy to say this work is on schedule.

The Committee has completed work on the solicitation of a company to provide marketing and publicity services. The selection

process included the creation and distribution of a Request for Proposals, interviews with finalists, reference checks, and a second interview with the final candidate. Seven proposals were submitted (3-San Antonio, 1-Fort Worth, 1-DC, 1-NY, 1-NV).

MassMedia, was unanimously selected by the Publicity Committee and will be recommended to the AVA Board of Directors. They are a company based in Henderson, NV. MassMedia was established in 1997 and has a total of 32 employees and 21 current clients nationwide. Their CEO is Paula Yakubik. They have worked with other nonprofit organizations to include Ronald McDonald House Charities, United Blood Services, and Volunteers in Medicine of Southern Nevada, to name a few.

It is the opinion of the Publicity Committee that MassMedia went above and beyond what was requested in the proposal in effort to demonstrate their commitment and willingness to work with the AVA. Furthermore, MassMedia is eager to enter into a long-term partnership with the AVA to ensure our success. Lastly, experience, creativity, newness, energy, and mission alignment all factored in to the decision by the Publicity Committee.

**Special thanks to the Publicity Committee Members for all their hard work.** Committee members include:

Patricia Jewett – Northwest Region

Barbara Nuss – Pacific Region

Kathryn King – Southeast Region

Susan Konschak-Ives – Southwest Region

Samanta Sanchez – National Office

Henry Rosales – Executive Director

## Fund Development Update

This year our annual giving campaign, the Big Give will be on March 28, 2019. Online giving opens March 21, 2018. Individuals and clubs may also donate by sending a check to the AVA National Office through May 31, 2019. Big Give updates will be announced in the TAW, Checkpoint, website, and social media. The matching fund amount we would like to raise this year is \$20,000. The goal is to raise a grand total of **\$78,000**.

**GroupWorks** has already donated \$2,500 for the Big Give matching fund.

*Special thanks to **Nancy Wittenberg, AVA Vice-President**, for her generous contribution of \$10,000 for the Big Give matching fund.*

The AVA has been awarded a grant of \$2,500 from **The Michele L. Vennard Hospitality Grant Program of the Albany Convention and Visitor's Bureau Fund, a fund of the Community Foundation for the Greater Capital Region**. The grant is to support our 2019 convention in Albany, NY. Their support is much appreciated.

## NEW YEAR, NEW AVA MEMBERSHIP BENEFIT!

Next month AVA Lifetime and Associate members will be able to receive a 10% discount on FlipRocks Extreme footwear. In return, FlipRocks Extreme footwear will donate 10% of all purchases to support the AVA's commitment to health and wellness! It's a win, win! Details will be forthcoming in the February Checkpoint and on the AVA website.



The World's First Extreme Flip Flop With Interchangeable, Replaceable Gripping soles!

FlipRocks are a complete redesign of the flip flop, with a strong focus on outdoorsmen and women who require a lot from their footwear. FlipRocks are super light and the only flip flop with integrated arch support, removable comfort strap and a raised toe guard. These extreme flip flops are actually seven shoes in one! Thanks to a patented, rugged design with interchangeable, replaceable soles that are constructed with GripToeNite gripping technology. They're tough enough to withstand any adventure while keeping your feet firmly planted on any surface in or out of water. FlipRocks creates extreme footwear with adaptability for a large range of activities such as: fishing, hiking, surfcasting, kayaking, boating, golfing and walking. To learn more visit: [www.fliprocks.com](http://www.fliprocks.com)

## Support Our National and International Friends

International

*IVV Newsletter*

*English*

*German*



Dear all walking friends,

Warm greetings from Jogjakarta, Indonesia!

We are writing to wish a merry Christmas for all of you. May the whole holiday is filled with love and happiness. Let's cherish the moments with our loved ones!

See you next year in Jogjakarta, 15-17 November 2019!

Sincerely,

Maria Agnes

Secretary of International Affairs

[Click image for more information.](#)

Jin Qiao (金乔)

CVA Secretary General

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National



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**Checkpoint Available Via Email to All Club Members Who Request It**

To receive an electronic copy of the Checkpoint send us an email to the attention of Samanta requesting that you be put on our distribution list for the Checkpoint. Please note on the subject line: Request for Checkpoint. Send your request to Samanta at [samanta@ava.org](mailto:samanta@ava.org).



**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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