



Fun, Fitness, Friendship

June 2019

www.ava.org



CHECKPOINT ✓



CEO, Jadwiga Ziolkowski
Crazy Horse Memorial Foundation

Join us at the Awards and Recognition Celebration.

Friday June 14, 2019, 7-12pm.

Be sure to get your tickets for the Friday night Awards and Recognition dinner before they sell out!

The Keynote Address will be delivered by Honoree, Ms. Jadwiga Ziolkowski, Chief Executive Officer for Crazy Horse Memorial. Ms. Ziolkowski is the fourth child of Sculptor Korczak Ziolkowski and his wife Ruth.

Entertainment will be provided by none other than the Multi Award Winning Elvis Tribute Artist, Travis Hudson! Best Elvis in 2017, 2018, and 2019 and a 2017 Semi Finalist around the world! Mr. Hudson attended the Crazy Horse Volkssmarch when he was a child!

This convention event is selling out fast so don't be left out! Order your tickets today!



Come walk with the President of the AVA During the Convention!



The President's Walk will be Friday, June 14, 2019 at the Corning Preserve in Albany, NY. We are inviting local dignitaries, the media, and press to join us. If you are interested, please meet us at 8:45 a.m. at the Corning Preserve!

Publicity Contest

The AVA Publicity Contest winners will be announced Friday, June 14, 2019 during the Cocktail Hour preceding the Awards and Recognition Dinner. The announcement of winners will be 6:20 p.m. in the Mezzanine of the Red Lion Hotel. All other Award Winners will be announced during the Awards & Recognition Dinner. Be sure to attend and congratulate all the winners!

The AVA National Executive Council/Board meeting will be Tuesday, June 11, 2019, 7:00 pm – 10:00 pm in the Stonehenge D Room, Red Lion Convention Hotel.

The AVA National General Membership Meeting will be Wednesday, June 12, 2019. 3:30 pm – 5:30 pm in Stonehenge B & C Rooms AND on Friday, June 14, 2019 1:00 pm – 3:30 pm in Stonehenge B & C Rooms of the Red Lion Convention Hotel.

All meetings will be at the:
Red Lion Hotel Albany
205 Wolf Road
Albany, NY 12205
(518)4587264

The Northeast Region of AVA welcomes the AVA Nation to the 21st AVA National Convention in Albany, New York!

Our three pre walks leading to convention will be conducted June 9-11. We begin our convention days with walk/bike/swim events, 2 General Membership Meetings, workshops, socials and making new friendships from throughout the United States and Canada while having fun and reaching our fitness goals. Upon leaving convention on June 15, we conclude convention with our last 2 post walks out to the western part of New York State going through Cooperstown and Buffalo.

Even if you missed pre registration, come and walk with us registering the day of the walk at the respective starting points. We are so excited to show you our Northeast region full of history and natural beauty.

QR Code Sign for Convention Daily Newsletter

You've probably seen these QR codes around historical areas... Albany and Saratoga Battlefield have them throughout the city and National Park. Just point, scan and you go to page about that area...historical districts..etc.

The website will also include the Convention Daily Newsletter looking back on that days' events and happenings.

So, before coming to Albany, please download the free app, **QR Code Reader** to your smart device.

CONVENTION REMINDERS BEFORE YOU HIT THE AIR OR ROAD

- Wear your Convention Badge & Lanyard all day. It is your ticket to walks, socials, lunch, workshops, etc.
- Theme Day T shirts: Your Club, Special Program and Convention
- Bring your water bottle, sunscreen, tick repellent, sunblock, hat, rain gear, etc.
- The weather in Albany can be fickle at this time, high 80's or 60's, be prepared.

Why Should we Wear our Convention Badges All 3 Days of Convention?

This is your ticket to get on the bus, indicates your lunch food selections, ticket to socials, workshop picks, and most importantly, they introduce you to your fellow walkers and open up conversations to form new friendships. **Remember we will be recycling all badges and lanyards.** Look for baskets at the Red Lion Hotel registration, breakfast area and Hospitality table on Friday and Saturday to deposit them. Please take out your insert card for your memento.

All Thursday Saratoga Battlefield and Schuylerville walks will end up at the Old Saratoga American Legion in Schuylerville. This is also where we will be celebrating lunch with our catered BBQ lunch and the bus pickup back to the hotel. The Stewarts Shop in Schuylerville is offering to all walkers wearing their badges, a \$.99 (plus tax) ice cream cone. Advance registration for the BBQ lunch is a must on your preregistration form.

Theme T Shirt Walking Days throughout Convention

Let's show our AVA Nation Team Spirit! What in the Dickens does this mean? On Wednesday, wear your Club's t shirt, on Thursday, wear a Special Program t shirt, and on Friday, wear your 2019 Convention t shirt to show your AVA Nation Support and Love!

If you have a National Parks Passport Book be sure to bring to the Thursday, Saratoga National Battlefield Park walk. We have a special official stamp which has AVA Volkssporting on it along with the date and name of park. Be sure to get your stamp at Stop 9 in the park or at the hospitality table in the hotel.

Ordering Wednesday and Friday box lunches and Thursday's BBQ lunch must be done by **preregistering on your convention form**. This is a request from the hotel and catering staff. On Thursday, local Schuylerville restaurants are about a 1/2 mile from finish of the walk and then a 1/2 mile trek back to catch a bus to the hotel. Alternately, one can take the bus back and eat in the hotel or the many restaurants on Wolf Rd. Don't delay, get those lunches ordered.

Plan on Attending:

Meet the Candidates to hear who among the candidates thinks outside the box with new and thought provoking ideas that get you excited. Don't miss this informative forum on Thursday. Your delegate will be voting on Friday at the General Assembly.

NEC/BOARD Meeting on Tuesday evening to hear what is currently in the works to help make AVA a household word through publicity, growing clubs who want to put forth the effort, IT improvements, etc. Never a dull minute and very interesting.

GENERAL MEMBERSHIP MEETINGS will be held on both Wednesday and Friday. This is where there is some discussions where the floor is open

on some items to the membership-your chance to voice your opinion, getting information out to the membership, voting, announcements of where the 2021 AVA National Convention will be, etc.

ALL ARE WARMLY WELCOMED AND ENCOURAGED TO ATTEND

Yellow Vests are where to turn when you have any kind of Convention questions or help in general: where to get the bus, what room is my workshop, what time is the General Assembly, who might give me a ride to a volksbike start point and bring me back to the hotel, where is the nurse, etc. These and more answers are yours for asking the folks wearing the Yellow Vests. If they don't know the answer, they will find it from someone else with a phone call.

Hospitality Table can be found in the Vendors area and will be a very busy place for a myriad of reasons:

+Convention information +Minimal First Aid needs +Accident Reports +Lost & Found +Garbage Bags +All 8 Convention Stamps & Patches(for purchase) +Two Bike & Swim registration/directions/Stamps +Special National Parks Passport Stamp +Bulletin Help Board to post messages for ride to bike start point, Betty Lou meet in lobby to go to dinner, etc., +Crazy Horse video showing throughout the day +Tuesday night 5k Guided Start Point/registration/Stamp to Operation at Ease fund raiser for veterans **TAKE A WALK, SUPPORT A VETERAN** and a Volkssporting information 2k walk for the public +Selling old Awards, patches and pins, +Meeting friends, +Stopping by to say hi to the volunteers, +Signing up to volunteer, etc..

Club Development & Support Committee—John McClellan, Chair

State Organization Huddle at Convention

There will be an informal meeting of State Organization representatives, Regional Directors and AVA staff at this year's Biennial Convention in Albany, NY – on Thursday 13 June in the State Room. The scheduled time right is 4:00 pm—5:15 pm.

We hope to meet one another and talk about the future of the AVA and the important role of state organizations in our movement. Our 10 state organizations include about 60% of all our clubs and play a vital role in coordination, training, marketing and new club formation. Please bring your ideas and past successful strategies for growing volkssporting and sustaining strong clubs. This meeting is for State Associations Officers only.

Nancy Wittenberg, AVA Vice President and Fund Development Chair

Will you be an AVA Angel?

Have you been looking for something to invest in, to leave as a legacy? Planned giving provides the perfect opportunity for you to support the AVA into the future. Your gift can represent an investment in future event participants who can enjoy the fun, fitness and friendship the AVA is all about.

The AVA is announcing its planned giving program, **AVA's Angels**, at the Albany convention. [Click here for a brochure](#) containing information and a form to use to inform AVA of your decision to include AVA in your estate plans. The AVA will want to make sure it is able to accept your gift.

Your planned gift would be created through an estate plan such as a will. The AVA would not receive full interest in the gift until sometime later. Please consult your attorney, tax accountant or other advisor about what would be best for you and fulfill your wishes. Types of deferred gifts include various kinds of trusts, life insurance and bequests of cash or securities through a will.

Please consider becoming one of **AVA's Angels**. We are planning a recognition for members of **AVA's Angels**.



Colorado River Walkers, Austin Tx.—Photo submitted by Carol Obianwu

Training Development Committee—Tom Baltes, Chair

Convention Workshops

I recently submitted an updated schedule of workshops for the convention, as there have been several adjustments. If you checked it earlier and indicated interest in certain topics you'll want to cycle back to note the schedule changes. The biennial convention is a unique opportunity for our membership to learn from experts about a range of topics, from club operations to use of technology to grow our membership. This year we are particularly excited to have guest speakers, such as Dr Katherine Kraft, Executive Director of America Walks to talk about connecting with our communities and their template for walk audits. From the host club in New York we have some exciting speakers to talk about the history surrounding their communities and walk venues.

For the full schedule of workshops [click here](#).

Convention Silent Auction Committee—Vera Weiss, Co-Chair

Albany Convention Silent Auction Information

This will be my last plea to all you great AVA members before our Albany Convention!

Many wonderful items have been promised to the Silent Auction and most will be brought to Albany instead of spending lots of money sending the donations to my home. Some of the items we have received so far for your bidding pleasure are:

A pair of running sneakers and a t-shirt worth \$145 x 2

Two nights stay at the Albany Red Lion Inn Hotel with breakfast but can't be used to pay for the Convention Hotel and/or expenses

3 nights stay at an ocean front apartment in Myrtle Beach during the period of Sept. 2019 to the end of April 2020

Two REI gift cards—one for \$75 and one for \$100

Three \$15 gift cards to Target (one S.A. item)

Vermont maple syrup

Various wines

Gift card to LLBean (a store a very short distance from the hotel!!)

Two wall hangings with patches

A Vera Bradley tote bag with wallet and a polyester throw

Weekend Getaway package for the US Freedom Walk Festival in Oct. 2019

A Connecticut gift basket (wine, beer, chips, salsa, sweets)



AND many, many more wonderful items that are being donated by our very generous clubs and individual members!!

Monetary donations are also accepted. Checks should be made out to AVA and on the memo line, please put Silent Auction.

If you go to our Convention web page: <http://www.walkescv.org/ava2019convention/welcome.html>

you will see the words "Silent Auction Preview" where there are a few pictures of just some of our S.A. items we have received so far.

We are so thankful for whatever new items you can donate to our auction.

My husband, Marv, and I are looking forward to meeting AVA members from all over the country, Canada and even England.

We will see you in Albany around June 11th. Our S.A. room is HUGE so you will have lots of room and privacy to make your bids!!!

Convention Committee—Chris Yost, Volunteer Coordinator

Where are you coming from?

Find the Hospitality desk at the Red Lion Hotel during convention and let others know from where you are coming by placing an adhesive "dot" on the map. This makes a great photo op with you and others pointing to your "dot". At the end of convention see what areas are represented. Who knows you might also see this at the next convention!

2019 AVA Convention Brought Me From...



IT Committee—Chris Zegelin, Chair

The Online Start Box is moving to AVA

The AVA IT team will move the Online Start Box from cva4u.org (California Volkssport Assoc.) to "my.ava.org" in the very near future. This will require that we shut down the OSB for 5 days. There will be more details and dates published as we get closer.

This effort has required a fairly large rewrite of the OSB software to work well with other systems that are used by AVA. This includes participation and invoicing modules that will come on line in the next few months.

At the same time several improvements have been made.

- ⇒ We are changing our payment processor to use EVO. No more Paypal. EVO does a direct credit card transaction with no requirement to set up an account. This has been a constant concern for many people. EVO is very secure and has a very good reputation. EVO was selected by AVA HQ.
- ⇒ A simpler interaction when registering, downloading directions, and completing the event. I have paid a lot of attention to the way it works.

- ⇒ A new coupon system so that paying for the directions download is clearer. The coupon is automatically applied, so event credit is still \$3 as in the existing OSB, but how and when it is applied is better managed. For example, the coupon will now cross year boundaries.
- ⇒ The web interface is phone friendly. The pages work much better on a phone.
- ⇒ AVA will now handle the clubs OSB money. This will appear as a credit against participation fees owed. The money flow will be much easier to understand.

The major work has been to make sure that 100% of what you have done in the past is transferred across. Money, history, books, and insert cards will be accurately moved.

Your account information will also move. Your current login / password will work on the new site. For about 2 months, you will be able to login on the cva4u.org site and be automatically transferred to the new site at my.ava.org. If you let your browser auto fill the login, you may have forgotten it. If so, go to “My Profile” on the new site and put in a new password, one that you can remember. That new password will now work exclusively on my.ava.org. As a note, we heavily encrypt passwords and have no way to tell you what yours is.

This move will mark a major step forward for AVA IT. We are already looking at how we can link your awards to your my.ava.org account. Access to this information has been requested for a decade.

Happy trails... Chris Zegelin, AVA IT committee chair

An aside: The single biggest problem that we experience with user accounts is people signing up using a misspelled email address. There is no way that any computer can guess the correct address. So some things work, but account recovery certainly doesn't. If you suspect that this happened to you, contact me at it@ava.org using your correct email address and I will see if we can fix your account. No guarantees.

Former Southwest Regional Director—Joanne Forinash

“STARTING POINT” TIPS AND GUIDELINES

The purpose of this publication is to assist the club representatives who enter the information on the ESR (event sanction request) for the sanctioning and renewing of Year Round events (YRE) and Seasonal events (Jan.1 – Dec.31.)

Some have said the Starting Point is too big (828 pages in 2019 with 1931 events). If these guidelines are followed by ALL clubs, we could reduce the size of the Starting Point book by almost 200 pages. In addition, the pertinent information any walker would need to find the location of the start point, get registered and enjoy the walk will be in a short, concise narrative, fitting the information for three walks on one page. For 2019 the book could have been reduced to 644 pages-- (1931 divided by 3 = 644----828 actual pages in 2019 minus 644 =184 pages less)

Please check your YRE and Seasonal information in the 2019 Starting Point to determine if you need to update it before renewing each walk.

The Tips and Guidelines below will only address the areas of concern and those that take the most space in the Starting Point. These areas are addressed in the order they appear on the ESR form.

1. Start Point Address and Driving Directions:

- a. Do not give directions from every city with roads coming into the Start Point City. Pick the major road closest to the Start Point and give simple right/left turns from that road to the Start Point.
- b. Use abbreviations such as: street—st, avenue—ave, road—rd, terrace—ter, circle—cir, highway—hwy.
- c. DO NOT use bold or all caps lettering. This takes more space.
- d. When there are more than one YRE starting at the same location, put the directions to the “Start Point” on the 1st YRE listed. On sequence YREs just put one sentence. (Example: Comfort Inn & Suites, 35000 I-10 W., Boerne, TX. 78006. Refer to the Boerne-Downtown (Y1857) for directions to start location.) This will save space in the book and help reduce the cost of publication.
- e. This section should be kept to eight (8) lines in the input box.

2. Extended Description:

- a. Make sure the hours of operation of the Start Point are clearly stated. It is not necessary to state “From dawn to 3 hours before dusk.” (See Tip for “Start Time (s) under **More Details.**) There will be a guide of general directions and instructions in the front of the book that do not need to be repeated on each walk entry.
- b. Do not assume all Visitors centers are open 9 to 5. If the Start Point location is open all the time then simply state “open 24/7.” Keep the hours of operation brief and simple, but clear. It is not necessary to enter each holiday the location is closed. Simply state “closed most holidays.”
- c. If the walker needs to drive to the start of the walk, state here “After registering you must drive to the start. Directions to the start will be in the box.” Do not put driving directions in the Starting Point.
- d. INCLUDE in this section a brief summary of the most important and interesting things to be seen or experienced on this walk. DO NOT give the history of the city/area or expand extensively on the highlights. There is not enough space to put that in the book. Just give “bullet Points’ of the most desired attractions that would draw most people to the walk.
- e. DO NOT put an advertisement for the Start Location business. Just putting their name and location in the book is sufficient.
- f. Keep this section to six (8)* lines in the input section of the ESR form.

*The “Start Point Address and Driving Directions” and the “Extended Description” should have no more than 16 lines (in the input boxes) combined.

3. Event Comments:

- a. This section WILL NOT print in the Starting Point. You should **not** put information in this section that is pertinent to the walker being able to complete this walk.
- b. You may put additional information such as Historical or photos in this area. This will only show up on the [AVA website](#).

Point of Contact:

Tip for "Phone": Do not put two separate phone numbers (home & cell). The system is designed for only one number and it will combine the two numbers and give an incorrect number. ONLY ONE PHONE NUMBER HERE.

More Details:

Tip for "Event Rating": The system defaults to 1A. Please double check your entry here and make sure the system has recorded the correct rating that you entered.

Tip for "Start Time (s)": This does NOT print in the Starting Point. You must include hours of operation of the Start Point in the Extended Description (event info) section of the form.

SPECIAL PROGRAMS:

Do your research and list as accurately as you can ALL of the Special Programs that each walk qualifies for. Keep in mind that even though a program ends (example Dec. 31, 2019-books cannot be purchased after this date) the walkers have a year after that date to complete the program. Please include those programs in your listing along with all current programs and the two new ones beginning Jan. 1, 2020. You will find them on the AVA website under Events – Special Programs—Future. Also listed there are the current programs and those that have ended. It is important that you enter these whether you are an avid supporter of Special Programs or not. You never know when a Special Program listed on your walk is just the one some walker is trying to complete. It is worth the effort.

There is not a space provided on the ESR form to enter the Special Programs. You will have to exit the ESR, go back to the Club Events navigation page and select the "Special Programs" line and then enter the Special Programs for that particular walk. Be sure to submit so the system will take your selections.

I hope this information makes it easy for you to enter your ESR and helps you give the AVA walking family what they need to know to enjoy your walk.

America Walks—Kelsey Card

America Walks Brings Advocacy to AVA



At America Walks, we recognize that walking is one of life's greatest pleasures. The acts of walking and moving are at the foundation of who we are as humans, a timeless form of freedom that can't be matched. Beyond this freedom, there's any number of evidence-based health and social benefits that result from walking — heightened cognition, weight management, longevity, enhanced livability, increased connectedness, better moods, improved home values, better air quality. Unfortunately, serious safety, access, and equity concerns stand in the way of many individuals and communities from being able to enjoy these benefits. No fact emphasizes this more than the fact that we are seeing a [historic and unprecedented rise in pedestrian fatalities and injuries across the US](#). The time to address this unwelcome trend, and the other barrier to having enjoyable places to walk and move, is now but we cannot do that without your help.

We're thrilled to partner with you, the avid walkers of AVA, to bolster the skills and understanding needed to make your walking paths safer for everyone. America Walks is hosting two workshops in Albany, New York, at the annual conference, where we'll dive into the details of how to perform a walking audit, run a successful campaign, pass people-first policies, and more. We'll work with you at the neighborhood level on how to frame your issue, tell your story, and outline the tactics toward tangible changes in building a more walkable community.

There are a number of ways we are operationalizing how best to put people first, [initiating time and context-sensitive safety changes](#) and resources in communities across the US. We focus on producing homegrown community change by [supporting communities](#) and [individual advocates](#) at the grassroots level. Our network of over 30,000 advocates are cultivating connections with policy makers, community leaders, and diverse partners, and developing priorities and policies catered to [communities that are particularly vulnerable](#) when it comes to pedestrian safety.

It takes a village to advance safe, equitable, accessible, and enjoyable places to walk and move. And that village is made up of [the individual advocates](#) who are passionate enough to steer and drive community change. At America Walks, your fight is our fight in the walking movement – to preserve the sanctity of the pleasure, the freedom and the right to walk and move safely in the places we live, work and play each day. We look forward to and are honored to work with you in the near future.

Electronic Sanctioning Update

The sanctioning of our Year Round and Seasonal Events opens June 1. All sanctioned events appear on the AVA website where they can be viewed by seasoned Volkssporters as well as potential new participants.

Clubs have the responsibility of providing good information that will interest people in attending the event and enable them to get there. These events identified as Year Round or Seasonal (Begin February 1) during the identified sanctioning window are included in the Start Point Book published annually by AVA. Additional information may be entered from the Edit page and will appear on the AVA Events webpage only under Comments. This provides free information for the clubs and accuracy is important.

Starting Point Changes

Starting Point changes on the AVA website are only for events published in the Starting Point Book. 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.

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

Support Our National and International Friends

National



Click on image for more information



Click on image for more information

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.

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.

