



THE AMERICAN WANDERER

April/May 2018

AVA Fun, Fitness, Friendship

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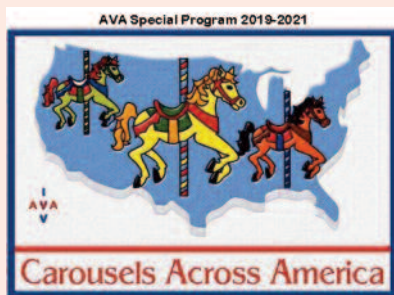
The official newspaper of the American Volkssport Association — AVA: America's Walking Club.

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 New AVA Special Programs will start in 2019.

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 Walk the Appalachian Trail in New Jersey and Pennsylvania.

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 Peony walks are happening in both the Northeast and Northwest Regions.

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Immerse yourself into scenery and culture as you Walk Thru History!

By Linda Morzillo

The Empire State Capital Volkssporters are looking forward to hosting the first post-convention walk by showing off the lovely Village of Cooperstown. Situated in central New York's Leatherstocking Region, the historic village is located in Otsego County at the southern tip of scenic Otsego Lake. This beautiful lake, also known locally as Cooperstown Lake and Glimmerglass, is nine miles long and

finger shaped, but not considered a Finger Lake. The drive from Albany to Cooperstown is about 75 miles and takes approximately 90 minutes. The scenic route passes small towns, hills, valleys and farms, where, during the 19th century, hops and brewing made vast fortunes in the area until a 1910 mildew blight obliterated the industry.



Walk Thru History continued on page 3

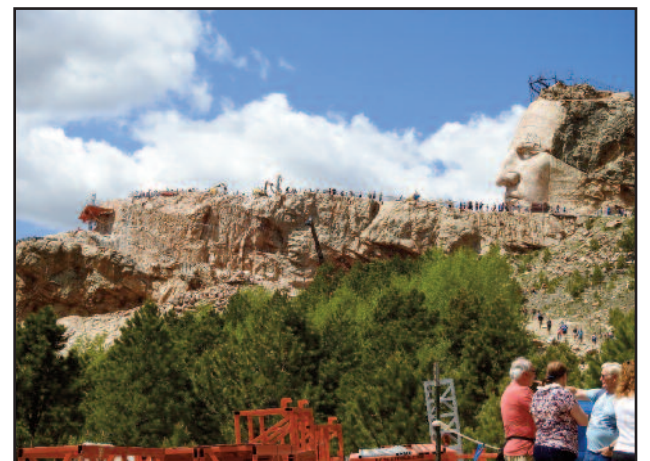
Crazy Horse walk – Not to be missed

By Jerry Wilson

Come experience the largest AVA event in the country by joining the Black Hills Volkssport Association, volunteers from the National Executive Committee (NEC) and AVA Headquarters, on June 2 and 3 for the Crazy Horse Volksmarch. The NEC has declared this a national promotional event. They want to be on site to provide AVA information to the thousands of walkers participating who are not members of the AVA, on the national level, or any AVA local club.

The Black Hills Volkssport Association is welcoming national involvement to promote AVA. Volunteers will promote the health advantages of walking on a regular basis, the advantages of joining a local AVA Club back home as well as joining the national organization as a lifetime or associate member.

Are you interested in volunteering some time to promote a healthy lifestyle and AVA? We are looking for volunteers from local club ranks, lifetime members and associate



members who will be walking Crazy Horse in June and would volunteer an hour or two, or more. Volunteers will be able to sign up on the AVA website for the time slot they are available. I will follow up with those signing up online to confirm participation. For more info contact Jerry Wilson at nc_rd@ava.org.

Texas Trail Roundup working to become an IML event

By Susan Medlin

We had a challenging, but ultimately successful, weekend in San Antonio at the second annual Texas Trail Roundup. On Thursday, February 22, San Antonio had a heavy rain. The floodgates south of the city were opened, and the river rose and flooded the trails on the Mission Reach. It rained on Friday, but we had 112 walkers who braved the elements to do the Hannibal Pianta 10k/5k art walks in downtown San Antonio. Meanwhile, our sturdy band of trail markers fanned out, finding safe routes around the flooded areas for the Saturday walks. The flood left its mark on the banks, covered with debris. Finding fish on the muddy trails was an interesting experience.

Saturday was better, with only passing bands of showers. All 152 walkers headed south to visit the World Historical Site Spanish Missions. We had 13 marathon walkers who completed the walk, and 20-30 walkers took the bus to Mission Espada for the half-



Ed Hainline, Sharon Moats, Pat Patterson, Nancy Wittenberg and Kathleen Kikendall at the Texas Trail Roundup.

Roundup continued on page 5

PRESIDENT'S MESSAGE



Greetings! For those who read the *Checkpoint*, you will find some duplication here, but bear with me as I try to ensure that this information gets to as many people as possible. So, let's get started.

How many of you know the AVA's Mission Statement? What about our Vision Statement? Well, if you don't, you should, because those two statements are the foundation for everything that we do and we need to remind ourselves periodically in order to stay on course.

AVA's Vision: Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.

AVA's Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.

There they are. Two sentences that encompass all of what we as AVA: *America's Walking Club* are about. At the national level we work hard to stay true to our Vision and Mission. Hopefully, these two statements also inspire our local clubs as well for it is at the club level that ultimately AVA will succeed or fail. We are an association of clubs and the success of our clubs is the success of AVA.

Speaking of success, we had a very successful NEC/Board Meeting on January 19 and 20 in Orlando, Florida. Much was accomplished, and I encourage you to read the official minutes posted on the AVA website. After reviewing the minutes, if you have questions or comments, please be sure to get in touch with your Regional Director. I am greatly encouraged by the energy, enthusiasm and positive thinking that your National Leadership Team brings to the table. We know that there are big challenges out there for us to overcome, but I think that this team is well suited for the task. However, we must have your thoughts and input as we move forward. Stay positive, and let your voice be heard.

Did you sign up for the 401K: Invest In Your Health Program? If not, it isn't too late. This is the first Virtual Online Program (VOLP) for AVA. I won't go through all the details of the program, but just to say that it has been fun seeing those steps and kilometers adding up. Have to admit that due to participation in this program, I probably have gone walking at the local mall when the weather has been bad just to keep my count going. And isn't that the idea? (Recall our Mission and Vision.) Motivating ourselves and others to get out and be active. If you sign up now, you still have plenty of time to reach the 401 kilometer goal before the end of the year. As an added bonus, in July we expect to kick off Phase II of this first VOLP. This will be a different challenge which will be map based at no

President's Message continued on page 3



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AVA: America's Walking Club.

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AVA HQ by deadlines listed to receive current issue. Send membership requests to AVA at the address below.

Disclaimer: The articles and information published in this newspaper have been prepared and produced with the utmost care. However, neither the AVA nor the editor can guarantee accuracy or completeness of information. Opinions expressed in the articles herein are not necessarily those of the AVA.

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HEADQUARTERS NEWS NOTES

Walk Thru History *continued from page 1*

Native Americans lived in the Cooperstown area before European settlement. Walkers will view the burial mound where the remains of several Iroquois are interred and marked with a plaque: "WHITE MAN, GREETING! WE, NEAR WHOSE BONES YOU STAND, WERE IROQUOIS. THE WIDE LAND WHICH NOW IS YOURS WAS OURS. FRIENDLY HANDS HAVE GIVEN BACK TO US ENOUGH FOR A TOMB."

On August 9, 1779, during the Revolutionary War, General James Clinton opened a dam he had built at the outlet of Otsego Lake, which are the headwaters of the Susquehanna River. This allowed the river level to be raised and become navigable, thus allowing about 2000 men and 200 bateaux to meet General John Sullivan in Tioga, New York. Together, on August 29, they defeated the Tories and Indians at the Sullivan-Newton Campaign, also known as the Battle of Newtown, New York (near Elmira). Walkers will see the dam site commemorated by a historic marker.



Cooperstown, New York.

Perhaps the best-known resident of this village was James Fenimore Cooper, born on September 15, 1789 in Burlington, New Jersey. James' father, William, had purchased a patent of 10,000 acres in 1786. In 1790, the family moved to the frontier area that became Cooperstown. After a time at Yale University and many subsequent adventures, James became a prolific American writer of over 40 fiction and nonfiction books as well as journals and letters. Many people have read *The Leatherstocking Tales* of Natty Bumppo: Leatherstocking, Hawkeye, the Trapper, Pathfinder and Deerslayer, as well as *The Pioneers* (or *The Sources of the Susquehanna*), a book where concerns about environmental stewardship prevail today. Cooper's 1826 book, *The Last of the Mohicans: A Narrative of 1757*, was adapted into a movie in 1992. Besides Cooper's gravesite at the Christ Episcopal Churchyard, there is a stately statue of him on the Cooper Grounds (or park). Walkers will be able to see both as well as enjoy viewing the statue of the Deerslayer overlooking the Otsego Lake.

The National Baseball Hall of Fame and Museum is the most well-known of five museums in and near Cooperstown. Just a three-minute walk (0.2 miles), from the museum is

the location where fans gather each summer to see Baseball's Hall of Fame Game at Doubleday Field. People also visit Cooperstown to enjoy the Farmers' Museum, built on land once owned by James Fenimore Cooper. Set in 1845 with living history and a carousel, it is the home of the Cardiff Giant. The Fenimore Art Museum and the Smithy are also located in or adjacent to Cooperstown and walkers will see both along the walk route. A fifth museum, Hyde Hall, is located several miles away on the north end of Otsego Lake within Glimmerglass State Park.

Walkers will see the yellow buildings of Clark Farms. Edward Clark owned half of the patent for Singer Sewing Machines. Two of his grandsons,

Stephen Carlton and Robert Sterling Clark, used their fortune to promote art in several places including Cooperstown, Williamstown, Massachusetts (the Sterling and Francine Clark Art Institute is viewed on our seasonal walk in this college town), New York City and Yale University. Today, the non-profit Clark Foundation continues to promote art and assists various educational community and environmental organizations. In fact, scholarships are awarded to deserving graduating seniors in 13 nearby school districts.

Besides the books written by James Fenimore Cooper, our visitors may enjoy reading *William Cooper's Town: Power and Persuasion on the Frontier of the Early American Republic* by Alan Taylor, *The Clarks of Cooperstown* by Nicholas Fox Weber and *The Story of Cooperstown* by Ralph Birdsall. Many baseball-themed books are listed on the internet. Two are *The Road to Cooperstown* by James F. Vail and another of the same name by Thomas Stanton.

Those are just some of the highlights you will see in Cooperstown; this will be a memorable Walk Thru History with culture and scenery. After your walk, we hope you will visit these notable museums. ☺

Thank you

big give

... to all the clubs and individuals who donated to the Big Give! Your continued support of our mission is always appreciated. Big Give results will be published in the May *Checkpoint*. Stay tuned! ☺

President's Message *continued from page 2*

additional cost. Don't know exactly what the map format will be, but we will be testing the approach in the coming months. So, get signed up and walk along with us — virtually.

Do you know when your region is holding a regional conference? If you don't, check with your Regional Director to see if your region has a conference scheduled and find out the date and location. These events are a great opportunity for exchanging ideas, training, making new friends or getting reacquainted with old ones, and participating in some great walks. So, don't put it off. Get your regional conference on your calendar and plan to be there. Hope I'll have a chance to see you at one of these events.

Speaking of putting things on your calendar, do you have our Biennial Convention in Albany (June 9–16, 2019) on your calendar? You don't want to miss this one. I am greatly excited by the work being done by the Convention Committee. They have gotten a great start and are working hard to produce an outstanding convention. We will be doing some things differently in order to make the best use of our time together. Our biennial convention is an outgrowth of the requirement in our bylaws to have a membership meeting at least once every two years. That is the reason we have the afternoon business meetings, i.e., to conduct the business of the association. For the 2019 convention we are going to move some of the topics that have been done during the business meeting to other times. For example, we will do our awards presentations at the closing banquet. We have envisioned this as something

like the Oscars, but without all the fancy clothes. One of the other areas that seems to take way too much time is the counting of ballots for the various votes that take place. Many national organizations now use electronic voting systems that really speed up the process. We are looking at some of these systems as an option for AVA. Our IT folks are also looking at new and improved ways to do registration, both in advance and at the convention. The technology is there, and we ought to be able to use it to make things run smoother and more efficiently. There is also a lot of discussion about workshops and training opportunities. Here is a place that you ought to have your voice heard. What kind of training and what kind of workshops would you like to see at convention? If you don't speak up, don't be disappointed if something you would like to have at convention isn't there. This is our opportunity to showcase the best of AVA to our membership and the public. Stay tuned for more information, and be sure to add convention to your travel calendar.

On a personal note, Mindy and I got off to a good start on our Centurion Challenge. Through the end of February we had logged 19 events. Don't know if we can maintain that pace, but this was a good start. This Centurion Challenge is another excellent program that fits well with our Vision and Mission. Not too late to take up the challenge yourself.

OK, time to stop typing and start walking. Hope to see you out and about. Tie up those walking shoes, and let's get going. ☺

Waiting for a reply from TAW?

Be sure your spam filter allows emails from taw@ava.org and taw@earthlink.net. Recently we've been unable to reply because of spam filters. Check yours now!

HEADQUARTERS NEWS NOTES

Aristotle, Jesuits, Dale Carnegie or Mom?

“Tell ‘em what you’re gonna tell ‘em, tell ‘em, and then tell ‘em what you’ve told ‘em.” We don’t really know who used the format initially, but with some personal illustration, it can be an effective format for an elevator speech. When I walked my first walk with a local club, a woman approached me and said, “I’m going to tell you about TAW. You love to travel and explore and TAW is our newspaper which gives all the information about what is scheduled. I just had to tell you that because TAW is only available to AVA Associate and Life Members and I want you to sign up as a member so you won’t miss anything.” I didn’t have a clue about TAW or AVA, they were only part of the jumble of letters I heard during the event, but I remembered being approached and the enthusiasm expressed about travel, exploration and upcoming events. When I later saw an application for AVA, I joined.

For sure, this is a straight up appeal to local club members from your AVA Membership Committee encouraging you to promote information about membership in AVA. If we don’t say it, nobody will hear it. If we don’t have an application visible, no one will see it.

If you need to join or renew your AVA membership, use the form below or call Membership Services at 210-659-2112 (8 a.m.–5 p.m. CST, Mon–Fri).

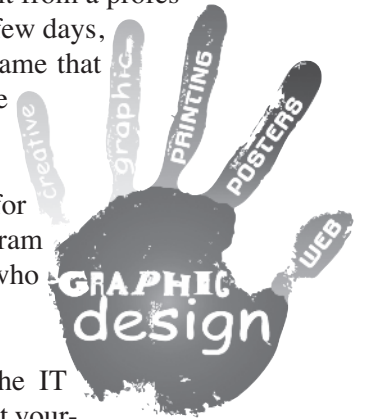
Graphic designer for AVA

By Chris Zegelin

Are you a graphic designer who would love to volunteer for the AVA? The IT Committee has several projects that would benefit from a professional touch. Some are simple that would take a few days, others may take a few weeks. All have a timeframe that allows you to think, explore and understand the ideas before putting a design to paper.

Some of the design work is for paper, and some for web presentation. No need to know how to program or publish — just be able to work with people who can take your design to a completed project.

If you are interested, contact Chris Zegelin, the IT committee chair at IT@ava.org. Tell us a bit about yourself, what you like to do and we would be delighted to have you fill a need.



AVA Speak

By Carolyn Adams

Part of the AVA brand is in our nomenclature. New walkers, and others who come to us from their European military connection have some trouble with these terms. In fact, some of our faithful club members do not use AVA terminology correctly. It is easy to translate our terms into more generic ones, and indeed the generic is permitted in publicity, to attract new members. However, we should encourage members to use AVA terminology. For example, within the clubs we may be saying ‘live walk’ or ‘day walk,’ when our term of art is ‘Traditional Event.’ Using the AVA terms is essential so that we do not dilute our brand. Here are some basic terms that we need to use appropriately and teach our club members to use.

Traditional Event: This is a planned one (or two) day walking event, that has been advertised with a specific window of start and end times. It is staffed by volunteers, who meet the walkers at a ‘start point,’ and stamp their books at the finish. Typically there are checkpoints along the route that may be staffed and may provide the walkers with water and hard candy. These are both athletic events and social events, and require good organization and active volunteerism. This is how we began, hence the name. See Volksmarch.

Year Round Event (YRE): This is a self-directed walk which individuals can come to any day they choose. Details are found under ‘Events’ online at ava.org and in the publication *Starting Point*. Here walkers will find a ‘Walkbox’ (or Start Box) where they register, obtain instructions and stamp their books. A newer development is the On Line Start Box which allows a virtual alternative for some designated walks. Not all climates allow YREs, but many walks, including capitol walks are available nearly every day of the year to accommodate traveling Volkssporters.

Seasonal Event: Same as the Year Round Event, but available for only part of the year. Sometimes all self-directed walks are referred to as Seasonals to be inclusive, and to differentiate from Traditionals.

Group Walk: Typically a locally organized planned walk of a Seasonal, with an appointed start time. Less restrictive than a Traditional, this allows a club to make a social event out of a well established route with minimal administrative requirements.

Guided Walk: A simpler form of Volkssporting, allowing a club to streamline with just the essentials of a group leader and a ‘sweep.’ (A sweep is someone at the end of group, ensuring everyone who starts is accounted for.) Here trail marking and written instructions are not required. Ideal for small groups and flexibility. Can be done as a Traditional without the frills, or as a group walk of a Seasonal.

Volkssporting, Volkswalk: ‘Volk’ is the German word for people. It is the origin of the English word ‘folk,’ and in fact, the ‘V’ in German is pronounced much like an ‘F’ in English. The use of the prefix ‘Volk or Volks’ is an homage to our German origin. Volkssporting is the more universal word, as not all out events are walks. A ‘Volkssporter’ is someone participating in Volkssporting.

Volksmarch: We now call this a Traditional Event. This is a German word that translates to ‘people’s walk.’ This term was used by the AVA in the 20th century, and is still used internationally. It went out of official usage in the AVA by membership vote. The word ‘march’ in English has a political connotation that is not intended in the German. We are not marching anywhere. Many who started in the AVA years ago have a nostalgia for this word, but it is moribund in the AVA.

Associate Member

America's Walking Club

Membership Form

Support Volkssporting across the United States by becoming a national-level Associate member.

All memberships include a subscription to The American Wanderer (6 issues/year)

Lifetime Member

Lifetime Membership Fees
Please check according to your age: 1-29/\$500 30-39/\$450 40-49/\$400
 50-59/\$350 60-69/\$300 70+/\$250
Includes 15% off convention package and most purchases.

Year of Birth (needed for pricing) _____

Lifetime Membership may be paid in two (2) monthly installments. Please check the option(s) below:
 Please add my spouse or friend for a one time fee of \$100 (same address)
 Enclosed is my first payment Enclosed is my payment in full
 Please charge my credit card In full In 2 installments

Individual and Family/Friend

Associate Membership Fees
 Individual (\$25/year) Family/Friends (same address) (\$30/year)
 Canadian Individual (\$35/year) Canadian Family/Friends (\$45/year)
Includes 10% off convention package and most purchases.

(NOTE: AVA Membership does not include a New Walker Packet which is sold separately by your local AVA club.)

Check or money order, payable to the AVA in US funds only
 Charge my credit card: Mastercard Visa
 Discover American Express

Card number _____ Expiration ____ / ____

Signature _____

Please send my AVA membership packet to:

Your Name _____
(please print the name you would like to appear on your card)

Spouse/Friend's Name _____
(for Family/Friend membership or paid Lifetime Spouse/Friend membership only)

Family/Friend Members _____
(for Family/Friend membership only)

Address _____

City _____ State ____ Zip _____

Phone _____

Email Address _____

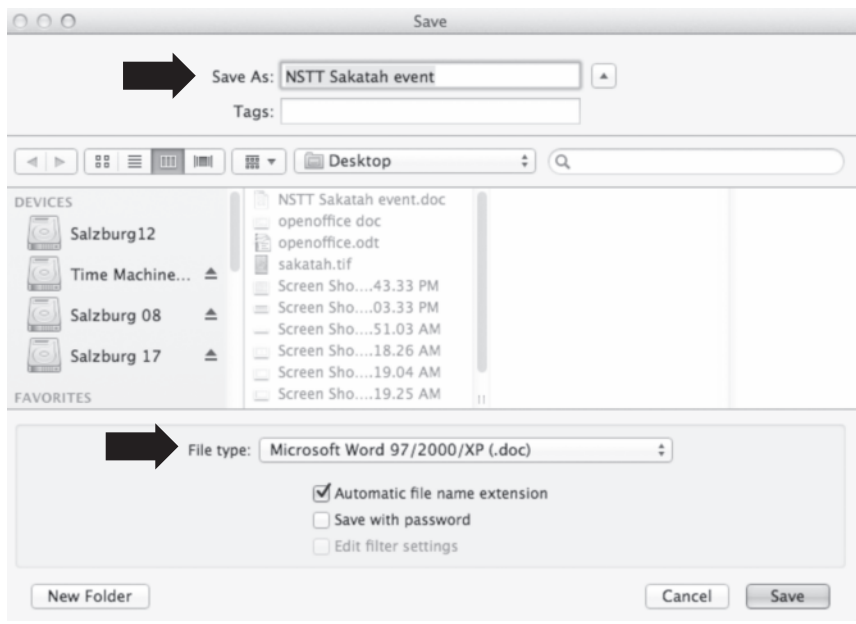
Please return application by mail to AVA, 1001 Pat Booker Rd., Suite 101, Universal City, TX 78148-4147 or fax to 210-659-1212. You may also apply for membership by calling 210-659-2112 (8 a.m.-5 p.m. CST, Mon.-Fri).

TAW submission problems

By Donna Seline

An organization that depends so highly on its volunteers will always be challenged in many ways because every volunteer functions at a different level depending on the task. Here at TAW we see this manifest itself every two months as we put out the call for articles and photos for the paper. And when it comes to computers, with a more elderly volunteer base, the issues multiply as folks try to figure out how to make their computer do what we're asking.

Let's take it step by step. First step is to write the article. Most of us work in Microsoft Word to do this, but the continual upgrading can get expensive if you only use your computer occasionally. An alternate program, available for both PC and Mac platforms, is OpenOffice, a free program that is the mirror image of Word. The one difference is that Word saves its files as .doc and OpenOffice saves as .odt, which restricts who can then also open it if they don't have that program. However, the program gives you the option to save as a Word doc by using the File Type pull-down menu. The other option is to save your document as a .txt document. And, at the top, in the Save As field, type in a short title of your article. Save this into a folder where you can find it easily.



Now you've got a photo ... do not place the photo in the Word document. This just increases the amount of work in putting your article into the final layout of TAW. Your photo should just be attached to the email, just like you attach your article. But you should rename the photo file to match your article. See the example below. Many send photos with the file name assigned by the camera ... usually a DSC_###, or image.jpg, etc. When TAW receives 50-100 photos for each issue, can you imagine the nightmare to figure out which DSC file goes where? So rename your photo file to match your article. Article file name: NSTT Sakatah Event; photo file name: Sakatah.jpg. On a Mac, this is easily done by clicking twice, slowly, on the photo icon on your computer. This will highlight the current file name and you can just type over it to change the name.

On a PC, it's a little different. Right-click the file with the mouse and select the "Rename" command in the drop-down menu. You should see an edit box in place of the file's name. You can edit the name of the file using this edit box. If you want to apply changes, press Enter or click with the mouse somewhere outside the box. If you want to exit editing and abandon all changes, press the Esc button. There is one more way to rename a file or folder. First, select the desired object by clicking it and then click its name with the left mouse button. Don't confuse it with the double-click that simply runs a file or opens a folder. There should be a small pause between the selection click and the click on the name. Finally, there is a third way. Simply select the file and press F2. These directions come from Chemtable Software blog at chemtable.com/blog/en/how-to-rename-files-or-folders-in-windows-7.htm.

Finally, you're ready to send your article and photo to TAW. Open your email program and start filling out fields. You're sending all to **taw@ava.org** ... that's the **only** email you need to remember for TAW. **This is only for submissions to TAW.** If you have a delivery question, or want to buy an ad, contact the AVA HQ, avahq@ava.org. Next is your subject line. This is important because articles come in at all times before and after production, so your submission will most likely be filed in a regional folder. So your subject line should start with TAW, then your region, then a short article title and should look like this:

TAW/NC/NSTT Sakatah event

This makes it easy for us to file your article in the correct folder so it's there when production starts. It also eliminates the possibility of errors when we have trouble figuring out what goes where. (See example to right.)

As always, if you have questions about any of this, just ask. We're here to help you make our job more efficient and accurate.

2019 Convention in Albany, New York

By Chris Mellen

The AVA Convention next year in June is hosted by the Empire State club and supported by the Northeast Region clubs. Online registration will be available as well as registration through the mail. Meanwhile stay tuned for information these next 16 months through the TAW, monthly *Checkpoint*, notices and registration on the website and other channels.

If you fly to Albany Airport, book early mid-week for the best price. Convention theme is History. A new concept to be enjoyed is an awards presentation after dinner on Friday.

There are 100 plus pre-convention and post-convention Year Round walks in New York state and the New England area to visit additional historic sites. The weather is almost always perfect in early June and seasonably comfortable for walking and biking. If your special event is ice cream, capitols, or any others, the Northeast offers them. Don't forget the Appalachian Trail.

We would like to know what workshops you would like to suggest so that knowledgeable speakers may be enlisted for presentations. Workshops are being suggested by the host club and the Training Committee, but you may have some suggestions as well. Email me at ne_rd@ava.org.

The Northeast and AVA look forward to a well-planned 21st century convention with instant response, bar coding and newly created registration features of all programs.

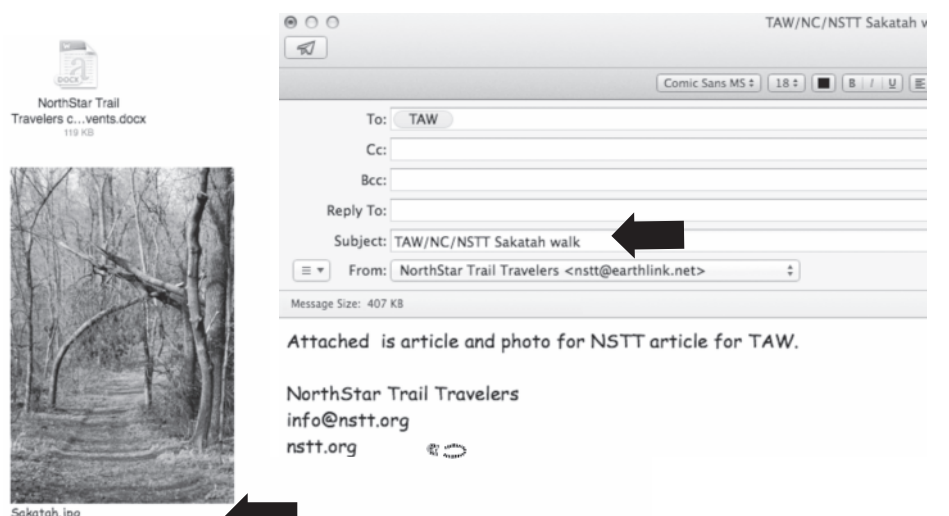
Texas Roundup *continued from page 1*

marathon. That walk was a hit, allowing walkers to explore four Spanish Missions without having to do the marathon. We will feature it again next year. Our dinner (which sold out) on Saturday night was at a different Mexican Restaurant. The food was too spicy for many, but Ellen provided delicious desserts and door prizes which folks enjoyed. Our International Marching League (IML) expert told us that an international social could take the place of the international dinner, so we may try that next year.

On Sunday Mother Nature finally smiled on us. Only a few stray sprinkles and the sun came out in the afternoon. The 136 walkers headed north, stopping at the Alamo, the Pearl with its vibrant farmers market, Brackenridge Park, the lovely Japanese Tea Garden, serene Trinity University campus and the stately manors in historical Monte Vista.

We had walkers from across the U.S., including AVA Vice President Nancy Wittenberg, Southeast Regional Director John McClellan and North Central Regional Director Jerry Wilson. From Canada we welcomed Brenda Dudfield, president of the Volkssport Association of British Columbia, and her husband. And from Germany we welcomed Thomas Seelmann, president of the Fulda International Marching League (IML) event. Brenda and Thomas are providing feedback to help us improve our event. Thanks to everyone who braved the weather and the nasty flu season to join us in San Antonio. And, many thanks to the many volunteers and local clubs who pitched in before and during our event to make all this possible. It takes a village to do a Volksmarch; and we could not do this without their support.

Next up is our presentation at the IML General Meeting in Borås, Sweden on April 27. Assuming we are accepted as a candidate, then our 2019 event will be judged by two IML Inspectors. Their report will be presented at the next IML General Meeting in 2019. Hopefully we will be voted in at that meeting. Then we will be up and running as a full-fledged IML and IVV/AVA member.



AVA SPECIAL PROGRAMS

New Special Programs for 2019

By Bonnie Johnson

Three Special Programs were presented at the NEC meeting in Orlando, Florida, in January. These programs were voted on and the two with the most votes were approved. Voting was done using an evaluation sheet and scoring on each individual portion of evaluation that included: historical significance, scenic interest, geographic area, qualifying events, award appearance and entertainment value.

“Carousels Across America” was submitted by the Albany Fitwalkers in Oregon. With this program you need to complete 15 events where you would pass by a carousel that is a permanent structure and operational to qualify.

“Little Free Library” submitted by Greater Des Moines Volkssport Association in Iowa has 20 qualifying events. Only registered Little Free Libraries with an official charter sign and charter number can be used. The charter number is the qualifier. Unregistered libraries do not count.

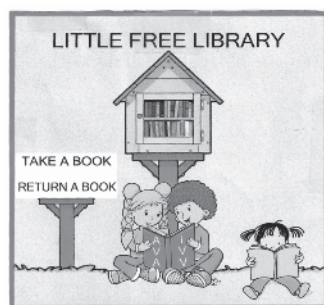
Both programs will run January 1, 2019-December 31, 2021 when book sales are in effect. You can then redeem completed books for the award until December 31, 2022. More information and details will be coming in TAW from the Special Program POC's. A big thank you to the clubs that submitted Special Program applications.

Any eligible club may now send in proposals until November 1, 2018 to be considered for approval at the January 2019 NEC meeting in which the Special Program would begin January 1, 2020. ☞

Little Free Library Special Program

By Deb Gaskins

I don't recall the first time I happened upon a Little Free Library (LFL) on the trail, but I immediately was captivated by the simplicity of a tiny library in a neighborhood that anyone was free to take or leave a book. I then started noticing them more often wherever I went. Some were just a simple box with books, others had shelves and compartments and were larger. Some were designed to look just like the house they were in front of, some had a small bench to sit on, many had beautiful flowers or plants around them, one even had a peace pole as the post it rested on. One thing is for sure, all are unique as are the books and materials inside. Some LFL's only have children's books, others have books for adults and children, magazines and even DVDs.



The Little Free Library movement began in Hudson, Wisconsin, by Todd H. Bol in 2009. Bol erected a LFL in the shape of a one-room schoolhouse in his front yard that was a tribute to his mother, a teacher who loved to read and share her love of reading with others. The LFL's promote the love of reading, builds community and sparks creativity by fostering book exchanges around the world. Each year millions of books are exchanged, profoundly increasing access to books for readers of all ages and backgrounds. The LFL movement enjoys the support of national and international organizations such as RIF — Reading is Fundamental, Rotary International, AARP, ALA — American Library Association and the Library of Congress along with many other civic and corporate sponsors. From the LFL's humble beginning in Wisconsin there are now 60,000+ LFL's in the United States, Canada and over 80 countries around the world, so you are sure to come across one on the trail.

So, all of this got me to thinking about the similarities between Volkssporting and the LFL concept, and what a great special program this would be. Both are based on an honor system of either borrowing or returning books or stamping books for credit. Many Volkssporters are or were educators and many are avid readers who are improving both mind and body.

The program will start January 1, 2019 and runs through December 31, 2021 and is not retroactive. Complete 20 sanctioned AVA walks that include a registered Little Free Library. Registered LFL's have an official charter sign and charter number, which will be the qualifier. Unregistered LFL's will not count and only one LFL may be used per walk even if there is more than one on the route. When you have completed the book you will receive a colorful 4"x4" patch depicting three children sitting and reading around a Little Free Library.

For more info or to order a book, contact Deb Gaskins, gaskins.deb@gmail.com or 515-238-2486; or write: Greater Des Moines Volkssport Association, Attn: Deb Gaskins – LFL, PO BOX 110, Des Moines, IA 50301-0110. ☞

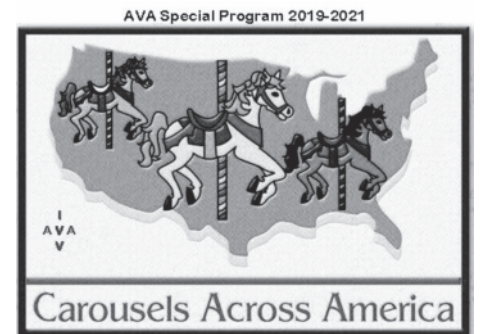
Carousels Across America AVA Special Program

By Karen Wusstig

A whimsical, fanciful way to experience fun, fitness and friendship — that is what participation in the Carousels Across America AVA Special Program has to offer. Sponsored by the Albany Fitwalkers, this program was inspired by the new historic carousel in Albany, Oregon. Known as The Brass Ring, Albany's new carousel began as a grandiose idea in 2002. After 15 years, over 160,000 volunteer hours and countless donations, it opened to an excited crowd of faithful supporters in August 2017. Seeing this magical merry-go-round come to life after years of carving, painting, fundraising and waiting, the Fitwalkers developed a special interest in these fantastical creations.

The modern carousel emerged from early jousting traditions in Europe and the Middle East. The oldest existing carousel, built in Germany in 1779, still stands today. Carousels have been part of America's history since 1876 when Charles Dare constructed the Flying Horses Carousel currently in Oak Bluffs, Massachusetts; however, the golden age of the carousel in America came in the early 20th century, when large machines with elaborate animals, chariots and decorations were built.

Today, the National Carousel Association (NCA) documents the existence of 379 carousels in the United States. Of these, 38 are listed on the National Register of Historic Places, 19 are National Historic Landmarks and 35 have received the NCA's Historic Carousel Award based on historic significance, innate quality or character, proven program of restoration and maintenance, regular schedule of operation, and/or an owner or support group likely to ensure public operation will continue. According to the NCA, every state has at least one carousel, even Albany, New York, site of the 2019 AVA National Convention.



It's easy to determine where carousels exist and identify where events can be sanctioned using the NCA website. A robust search feature, very much like the one used by the AVA, accesses a database of carousels, providing not only their locations, but photos, directions and hours of operation as well. The website itself also provides a wealth of information, along with a phone number in case you don't find what you need. Our early contact with the NCA received an enthusiastic response from director Patrick Wentzel. He offered information and pledged to support our efforts to develop this special program. Your efforts to sanction a carousel event would likely receive the same support and encouragement.

Any sanctioned traditional or Year Round event passing a carousel that is a permanent structure and operational in the United States qualifies. Participation in qualifying events must take place between January 1, 2019 and December 31, 2021. The number of entries per event is not limited, but registration is required for each. Completed booklets must be redeemed by December 31, 2022. The award for completing the program is a 4"x2¾" embroidered patch depicting three colorful carousel horses of varying sizes. One patch will be awarded for each booklet returned with 15 event stamps.

Booklet sales will begin in 2018. To request your booklet, contact Albany Fitwalkers Volkssporting Club, PO Box 1218, Albany, OR 97321. Be sure your return address is included. Point of contact: Don Reed 541-926-8327 or donreed1946@yahoo.com. ☞

AVA Special Programs continued on page 7

AVA Special Program — Underground Railroad

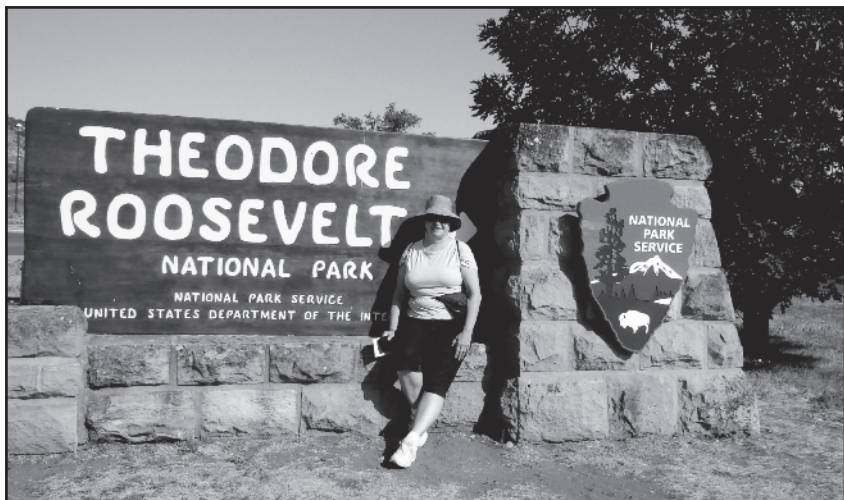
Runs from January 1, 2017 to December 31, 2019. The Underground Railroad AVA Special Program gives walkers an opportunity to explore this dark time in American history. The Underground Railroad is the name for the secret route fugitives took to escape to freedom. It is not a real railroad, but rather a series of safe hiding places called “stations.” Walk 15 AVA sanctioned events that pass a museum, historical site, historical marker or any other building that pertains to the Underground Railroad. Examples such as a safe house (station) or a church that may have hidden slaves until they could be moved safely to the next station. Request books from *Derby City Walkers Volksmarch Club, c/o Frances Taylor, 4943 Winding Spring Circle, Louisville, KY 40245. For more info email frant98@bellsouth.net or 502-494-3594.*



MILESTONES

Fifty states completed

In July 2017, Irena Paronis of Illinois' Windy City Walkers celebrated the Independence Day holiday by completing the Medora, North Dakota walk. The North Dakota stamp for the walk filled in the last blank line of Irena's AVA 50 State book.



Irena Paronis doing her 50th state walk in North Dakota.

The 12-year path to completion began in Honolulu, Hawaii, in 2006. At first, walks were completed in states visited during vacations, during day trips to neighboring clubs' walks, and during quick trips to fulfill another goal – seeing the Chicago White Sox play in all Major League Baseball Stadiums. Eventually, trips were planned to pick up un-walked states. A trip along the Gulf Coast yielded walks in Alabama, Mississippi, and Louisiana. Maine, New Hampshire, and Vermont were stamped in a swing through New England. A long weekend took care of Oklahoma and Arkansas. Finally, all that was left was to walk in South and North Dakota. Custer State Park's walk provided the penultimate South Dakota stamp, and a long drive to Theodore Roosevelt National Park provided the opportunity to complete the quest in Medora.

The 50 walks stamped in the 50 State book include urban walks in some of America's largest cities – New York, Los Angeles and Chicago. Other stamps are from small towns like Newport, Rhode Island, Woodstock, Vermont, and Coeur d'Alene, Idaho. Some of the best are from national parks and state parks.

AVA: America's Walking Club!

AVA SPECIAL PROGRAMS

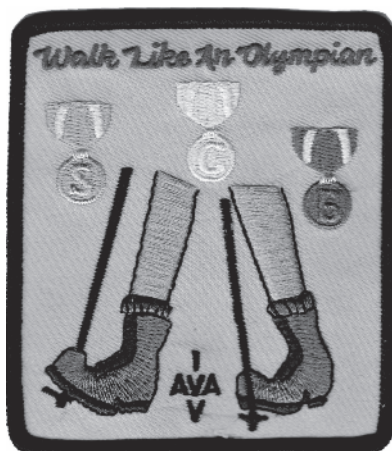
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Join the Olympic movement

The official Olympic Winter Games at PyeongChang, South Korea, have ended. However, you can initiate an Olympic challenge by participating in the AVA Special Program "Walk Like An Olympian." Worldwide, any walks in places that hosted winter or summer Olympic Games qualify to be listed in your Walk Like An Olympian book. Also, an event in any American city with the same name as a host city counts. This includes Athens in Alabama and Georgia, Moscow in Idaho, and 13 events in Vancouver, Washington.

Six cities in the United States have hosted eight Olympic Games: Los Angeles and Squaw Valley, California; Atlanta, Georgia; St. Louis, Missouri; Lake Placid, New York, and Salt Lake City, Utah. Currently there are 20 walks between them — enough to complete the gold level of the Walk Like An Olympian program. It takes 10 events to qualify for the bronze medal, 15 for silver, and 20 for gold.

For more program details or to order your "Walk Like An Olympian" book, contact Suzi Glass at glass2walk@gmail.com.



TIPS FOR VOLKSSPORTERS

A Good Walk in the Woods

© 2018, Robert C. Wright and Suzanne Wright, RN

Do you look forward to, or dread, a walk in the woods?

Walking in the woods has a lot going for it. Would you agree? A Volkssport friend of Bob's for 20+ years, Paul Lamb, thought so and suggested that we write about it.

What's Holding You Back?

Worried about the

- Lack of street signs and recognizable landmarks?
- Uneven natural surfaces?
- Rock goblins and tree snakes (as American Volkssporters in Germany fondly called those trail stumblers)?

Are these barriers, or merely annoyances? Read on and decide.

On the Positive Side

Do you enjoy

- No traffic to distract you?
- No crowded sidewalks and street crossings to disrupt your pace?
- Sights and sounds unique to the woods?
- Solitude to think and clear your mind?

It's difficult to get truly lost in a wooded area surrounded by populated areas, e.g., New York City's Central Park, Boston Commons, San Francisco's Golden Gate Park—all included on Year Round IVV walks.

Many large parks have well-marked trail networks. Our club even got permission to mark a Year Round through one. Check walk descriptions to see if a wooded walk you're considering is marked by the park or club.

The Germans love walking in the woods. When Volkslaufs (people's runs) started in the mid 1960's, town-folk would go to watch their local soccer players race by and then walk back to the finish behind them. We witnessed families walking in their Sun-

day finery to visit a favorite spot, maybe a Gasthaus or religious shrine or scenic overlook.

John Muir noted in 1918 in *Steep Trails* that, "In every walk with nature one receives far more than he seeks." He should know, first walking a thousand miles from his Indiana home to the Gulf of Mexico and later extensively in Yosemite, to become a noted wilderness advocate and preservationist, indefatigable walker and author.

Good for the Mind and Soul

The Japanese have a sensual immersion in the natural world called Shinrin-yoku, translated "forest bathing" (as in, bathing in what surrounds you in the forest). Practice its six slow-paced invitations (breathe, relax, wander, touch, listen and heal) to stimulate your awareness. (Google it to learn more at shinrin-yoku.org.)

Woods, too, are a serene place to add a little yoga, tai chi, meditation and similar healing arts to your walk.

Bob can vouch that "Trees bring peace to those souls that walk among them" (Anonymous). His walks in the woods often start with his mind cluttered and ruminating yet finishes clear and refreshed. And when we walk together we often discuss challenges and solve problems when we're among the trees.

There's always a refreshing feeling at the end of a walk in the woods, like nothing experienced while walking in a town or city.

As the weather improves and nature turns more colorful, it's a good time to shake off those worries about walking in the woods and embrace it. There is so much going for it. Agree now?

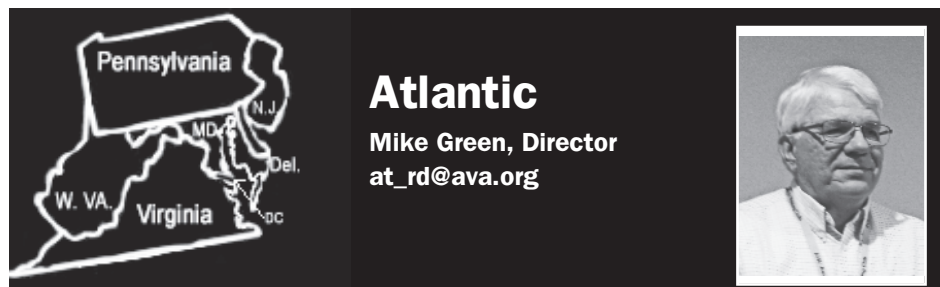
Contact us at 43224 Cardston Pl, Leesburg, VA 20176-6459, or rwright2@jhu.edu.

AVA Special Program - Little Free Libraries

Runs January 1, 2019 through December 31, 2021 and is not retroactive. Little Free Libraries can be found throughout the United States, Canada and in many countries around the world. Complete 20 AVA sanctioned walks that include a Registered Little Free Library. Registered LFL's have an official charter sign and charter number which will be the qualifier. Unregistered LFL's will not count and only one LFL may be used per walk even if there is more than one on the route.

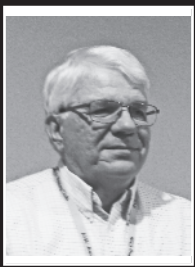
One entry, per calendar year, is permitted for YRE and Seasonal events. Patch is 4"X4" multi-color picturing three children enjoying books while sitting beneath a Little Free Library. Send request to Greater Des Moines Volkssport Association, Attn: Deb Gaskins, PO Box 110, Des Moines IA 50301-0110. Include mailing address and email. For more info contact Deb Gaskins, gaskins.deb@gmail.com or 515-238-2486. Visit littlefreelibrary.org to locate registered little free libraries.





Atlantic

Mike Green, Director
at_rd@ava.org



Susquehanna Rivertowns Weekend

By Sharon Miller

The Penn Dutch Pacers, Susquehanna Rovers and York White Rose Wanderers Volksmarch Clubs are doing their second three-day weekend of walks and a bike event along the Susquehanna River with a common start point in the new Columbia Crossing River Trails Center located in Columbia, Pennsylvania, on May 4, 5 and 6.

The Columbia Crossing River Trails Center is a beautiful new visitor center located along the Susquehanna riverbank in Columbia. From this point a walk to Wrightsville will cross the Columbia-Wrightsville Bridge that is over a mile long to the town of Wrightsville, where you will walk thru the Wrightsville Historic District and by places listed on the National Register of Historic Places.

The Columbia walk will also start at the center, with one 5k loop featuring the Civil War and Underground Railroad history of Columbia. Some of the historic sites you will pass include Wright's Ferry Mansion, Mt. Bethel Cemetery and the Turkey Hill Experience. The walk will also pass Zion Hill Cemetery – the burial site of many black soldiers who fought in the Civil War. Some of these soldiers are from the 54th Massachusetts Regiment, who were portrayed in the 1989 film *Glory*, starring Matthew Broderick and Morgan Freeman. The other 5k walk will be on the new Rail Trail and sidewalks.

The Marietta walk will feature the Rail Trail and the Marietta Borough. You can either drive 2.6 miles from the center to a trailhead parking lot in Marietta or you can continue from the 5k Columbia Rail Trail loop. The two walks connect on the Rail Trail. If you start from the trailhead parking lot, the 10k walk will go towards Columbia where you will pass some of the ruins of the eight pig iron furnaces between Columbia and Marietta to the point where the Marietta and Columbia trails meet. You will turn around or start out here from the Columbia Walk to walk towards the Marietta Borough, where you pass many beautiful old homes, historic places and restaurants. The 10k has one slight hill and the 5k walk is a level walk.

The bike leaves the Columbia Crossing River Trails Center and travels along the new paved path through a tunnel and along the Front Street of Marietta, unless the whole path is completed, and then gets back on the trail at the Decatur Street Access at the northern end of Marietta and continues to the Bainbridge River Access at Koser Park.

Hope you can come to Central Pennsylvania and enjoy a weekend of Rivertowns walks. For more info, contact Sharon Miller at millersd@ptd.net. ☺

The Crooked Road Program

The The Virginia Volkssport Association (VVA) started The Crooked Road special program in 2012. It will be ending December 31, 2019. No new books will be sold this year.

All 13 walks are Seasonal events in 2018 or 2019, except for Washington County which is a Year Round located in Damascus, Virginia. The Seasonal events run from April 1 through September 30.

The counties to be offered as Seasonal events in 2018 are: Lee, Scott and Wise. The City of Norton and the City of Bristol are also offered as Seasonal events in 2018, as is Washington County, which is a Year Round.

The counties to be offered as Seasonal events in 2019 are: Carroll, Dickenson, Floyd, Franklin, Grayson and Patrick. The City of Galax will also be offered as a Seasonal event in 2019, as is Washington County, which is a Year Round. ☺



On the Appalachian Trail in Pennsylvania and New Jersey

By Tina Jenneray

Even though it might seem the newest Year Round event added to our ever-changing list of fun stuff to do outdoors with your feet is way off our local beaten path, it was the decision of our president, Dave Brown, to offer an opportunity to enjoy the breathtaking beauty and physical challenge of trekking along the Appalachian Trail in the Delaware Water Gap National Recreation Area. We are offering a choice of four walks: a 5k and 10k in Pennsylvania and a 5k and 10k in New Jersey. Be forewarned, they are all rated “somewhat to very high” in challenge due to the difficulty of the terrain, so choose wisely if you are not used to hiking as opposed to town walking.

The Delaware Water Gap National Recreation Area is comprised of 70,000 acres of protected area located along the mid-section of the Delaware River. It extends northward from the Delaware Water Gap through New Jersey to Port Jarvis, New York, with the Appalachian Trail running along pretty much of the park's eastern boundary. That said, there are certain guidelines that must be followed when hiking there. These are all listed in a brochure, which can be obtained at registration. These are primarily safety issues that require no more than having a bit of common sense and respect with regard to the sport, the environment and other sentient beings found on the trail (human and otherwise).



The start point for these events is in the village of Delaware Water Gap, which is located less than four miles from Stroudsburg, Pennsylvania. Restaurants and coffee shops abound near the start point, so you may want to scout out some of your options prior to undergoing the trek of your choice along the trail. You will be glad you did when you return later hungry for some serious lunch fare and a sit-down with your hiking buddies.

Now there is a catch ... you must register online for any of these walking events. A “virtual walk box” has been provided by the California Volkssporting Association. Simply click on cva4u.org where you will find instructions for full registration. Payment for your chosen walk(s) will be conducted through PayPal when you register. And please note ... this is important: event directions or requests for alternative forms of registration payment will not be provided by the POC. This is an “online registration only” event, not subject to change any time soon. If you find yourself challenged by the computer you may have to ask a friend, co-worker or family member to help you with registration. The process is very easy and should take no more than 10 minutes for even a first-time registrant.

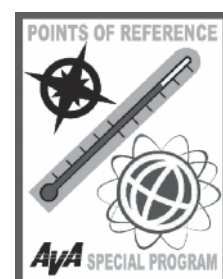
We hope that by integrating some of these more geographically distant events into our roster we will also be encouraging folks from across the nation to visit the Mid-Atlantic region and to enjoy our lush national parks and historic landmarks. It is also a way of beginning a necessary change-over from physical walk boxes, disclaimer forms, rubber stamps and currency to the online world of conducting complete registration where records can be more easily kept. Since we recently suffered a “misplaced” walk box at one of our center city registration points when the business holding it for us closed up and moved out without notifying us of their situation, going virtual could very possibly be realized and implemented here fairly soon.

Here's hoping to see you on the Appalachian Trail this spring. Happy trails. ☺

Atlantic Region continued on page 9

AVA Special Program – Points of Reference

Runs from January 1, 2016 to December 31, 2018. This is intended to encourage walkers to become more aware of where they fit in the world geographically, historically, chronologically and temperature-wise as they relocate from event site to event site – 15 in all. Points of Reference include **directions** as well as **dimensions of space, time, and temperature**. Examples: **West Point, Long Beach, Old German Town, Thermopolis – Hot Springs State Park**. So orient yourself on any type of Volkssport where the route occurs in or passes by reference points.



Events may be used multiple times each of the three years of the program's duration when there are multiple qualifiers. (No street names, please.) For a list of qualifying YREs and Seasonals, see centralmnvolkssports.wix.com/cmV. Patch: 3-1/2"x4". Send request to Central Minnesota Volkssports (CMV), Lois Head, Special Program Coordinator, PO Box 2162, St. Cloud, MN 56302-2162; LMHead@StCloudState.edu or 320-252-7348.

Atlantic Region *continued from page 8*

Fall Foliage Festival of Walks

Come join the Pennsylvania Volkssport clubs in State College as the Keystone State Volkssport Association sponsors the biannual Fall Foliage Festival of Walks over the weekend of Friday, October 19, through Sunday, October 21.

You need to make hotel reservations now! Although there is no home Penn State football game, there is still a lot happening in State College that weekend. Rooms that are available now will not be this summer. Reservations can be made at the Super 8 State College, 814-237-8005 and requesting the "Keystone State Volkssport Association" rate.

The "State College North Walk" is a new walk in the northern part of State College, on the property of the Penn State Arboretum, and along the edge of the Toftrees development. The walk uses the Belefonte Central Rail Trail.

Another new event is the "Pearls of Penns Valley Walk." Penns Valley is the area to the east of State College and is primarily agriculture with a large number of Amish and Mennonite farms. None of the towns are individually large enough to have a safe and interesting 10k Volksmarch. Walks of distances from 3k-5k will be provided in Spring



"Nittany Lion Shrine" on the campus of Penn State University. Photo by John Beale.

Join us for a pizza party on Friday. Pizza, soda and water will be provided for a nominal fee. There is a meet and greet on Saturday. Wraps, sides, sodas and water will be provided for a fee. You are welcome to bring your own alcoholic beverages to these events.

Both socials are in the Super 8 Motel Meeting Room at 6 p.m. and space is limited. To make a reservation, send your money to Deb Choiniere, 1696 Valley Vista Drive, York, PA 17406. Checks should be payable to the YWRW.

There will be four Volkswalks. The "Town & Gown Walk" starts at the Super 8 and goes through residential areas and downtown State College plus around the Penn State University campus. This walk is different from the State College YRE and previous Fall Foliage walks; however, it passes some places that are also on the other walks. Do you really want to do a walk on the Penn State Campus that does not pass The Creamery or the Nittany Lion Shrine?

Mills, Coburn, Millheim, Madisonburg and Centre Hall. Participants can walk any town(s) they choose and take IVV distance credit for the distance walked. The AVA insurance policy does not cover participants while they are driving between towns.

The Stone Valley Walk is on the hiking trails at Penn State's Stone Valley Recreation Area. The route goes around Lake Perez and visits the Shaver's Creek Environmental Center. There have been Volkswalks here in the distant past but not recently.

If you want more walks, the Susquehanna Rovers also sponsor two more Year Round Volkswalks in State College and one in Boalsburg. The start box for all three walks is also at the Super 8.

For more information, contact Tom Jackson at thomasjackson@embarq-mail.com.

Come walk with the Freestate Happy Wanderers

By Rita Goerling

Come walk on Sunday April 29, with the Freestate Happy Wanderers, a walking and social club. Freestate Happy Wanderers' walking event is in cooperation with the Fairland Sports and Aquatics Complex and the Maryland-National Capital Park and Planning Commission (M-NCPPC)'s Sports, Health, and Wellness Fair. There is a 10k trail consisting of two 5k loops, both with a rating of 2B. The trails consist mainly of city streets, pathways, some hills and natural surfaces.



Register at the Fairland's Clubhouse/Concessions Building, 13850 Old Gunpowder Rd., Beltsville, Maryland, located behind the main building and softball fields. Start anytime between 9 a.m. and 1 p.m., finish by 4 p.m.

For more info contact Rita Goerling 301-919-0465 before 9 p.m. or email laurylvolksyre@gmail.com. Additional information is available on the Freestate Club webpage mdvolks.org/freestate/.

Lee Lepus Volksverband holding walk in Quinton, Virginia

Do you still need a "Q?" Lee Lepus Volksverband has just the walk for you.

On April 14, Lee Lepus will hold its 84th walk in Quinton, Virginia. Register in the Dogwood Room at The Corner at Rock Creek, 3215 Rock Creek Villa Drive, at the corner of US 60 and Pocahontas Trail and Longview Drive.

The walk is on road shoulders through the Five Lakes residential area around a golf course, with moderate hills for the 5k and 10k course, with a 2A rating. A long uphill at the beginning of the walk may be difficult for wheelchairs but strollers should have no problems. Since the trail is in a residential area around a golf course there should be no concern about speeding traffic.



The Corner at Rock Creek, the start of the Quinton walk, April 14.

Water will be available at start and control points. The Third Base Grill and Domino's Pizza are located in the same building as the start/finish.

Start is between 9 a.m. and noon; finish by 3 p.m. There is no award for this walk. There are numerous "B" awards available, including one from a previous Quinton walk.

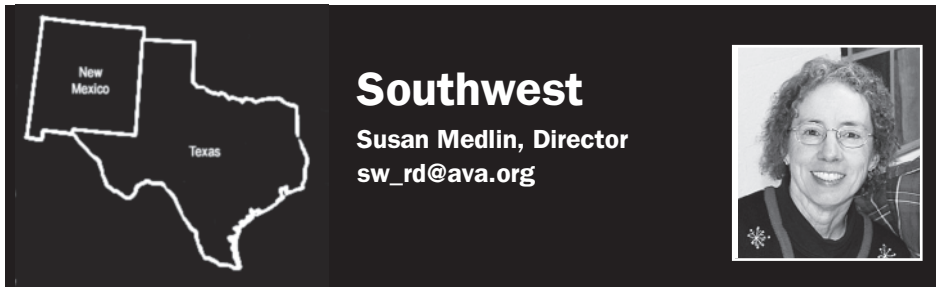
AVA Special programs are Walking the USA A-Q and New Kent County for the Virginia Counties Program.

AVA Special Program — State Street Sashay

Runs from January 1, 2016 to December 31, 2018. This is the Volkssports version of seeing if you can find 10 events that go along a street named State Street. Yes, it's a simple program but it will remind you of the concept of American statehood. Events can be all in one state or all in different states or in any combination of states. Participants can even do the same event multiple times! We have already found over 100 events that start the route on State Street and there are many more events that include a State Street later in their routes. For a list of qualifying YREs and Seasonals, see <http://centralmnvolkssports.wix.com/cmvp>. Patch: 4"x3-1/2". Send request to Central Minnesota Volkssports (CMV) Lois Head, Special Program Coordinator, PO Box 2162, St. Cloud, MN 56302-2162; LMHead@StCloudState.edu or 320-252-7348.



TAW email: taw@ava.org



Southwest

Susan Medlin, Director
sw_rd@ava.org



New Braunfels Marsch-und Wandergruppe Spring Walk

By Martin Callahan

The New Braunfels Marsch-und Wandergruppe is hosting a 10k and 5k walk in New Braunfels, Texas, this spring on Saturday and Sunday, April 28-29. New Braunfels is 30 miles northeast of San Antonio and was named in honor of Prince Carl of Solms-Braunfels' estate on the Lahn River in western Germany. In 1845 Nicolaus Zink laid out the town on the site selected by the Prince, who was the first commissioner general of the Adelsverein whose official name was the Verein zum Schutze Deutscher Einwanderer in Texas (The Society for the Protection of German Immigrants in Texas).



Doug Eide and Dolly pose for a picture along the trail at the end of the old iron Faust Street Bridge built in 1887 along the November 2014 walk trail in New Braunfels, Texas. Volkssporters will tentatively follow a trail over this historic, beautifully restored bridge. Photo by Martin Callahan.

Register at the historic Church Hill School, 1300 Church Hill Dr, New Braunfels. The schoolhouse was built in 1870 and originally served the Hortontown and Heighorsville farm communities on either side of Church Hill Road. In 1975 the building was given to the New Braunfels Conservation Society for use as a school museum.

The trail is rated 1B and start time is between 8 a.m. and noon, finish by 3 p.m. Volkssporters will follow a route that will wind through residential areas and parts of New Braunfels. Volkssporters will also tentatively follow a trail over the historic old iron Faust Street Bridge built in 1887.

Volkssporters will have the opportunity to step back in time with a tour of the New Braunfels Conservation Society's Conservation Plaza located near the start point. The 3.5-acre plaza includes 18 historic 19th and early 20th century buildings, a beautifully restored 1907 REO automobile, displays of antiques and other interesting sights to see. For more info on the Conservation Plaza online go to newbraunfelsconservation.org/.

For info on this walk or the club's Year Round event contact Jill Troyer, 830-237-6230, jtroyer121@gmail.com, or go to the club's website at: muw.walk-texas.org/.

Walking Texas counties

By Eveline Evans

Texas is comprised of 254 counties. Walking a 10k Volksmarching event in all of them has been my goal since 1994. I started doing Volksmarches in 1993 and enjoyed traveling to new places.

In 1994 I was elected TVA Second Vice President when Lynn Ward was president. I took my idea of walking all the counties to Lynn. He put the idea before the TVA General Assembly. The idea passed and at that time the TVA sponsored a t-shirt with the counties outlined on it. The idea was for everyone to buy a shirt and color in the counties when they'd walked them. The shirts sold well and I still have mine in a drawer somewhere.

In 2016 I fell and broke my hip. At that time, I had 48 counties left to walk to complete my goal. Because of this I've had to scale back my activities to just doing a 5k Volksmarch in the remaining counties. As of now I have 42 counties left to walk.

I've kept a photo journal of these Volksmarching events online. If you'd like to look at the photo albums, the walks are listed by county. The list of counties I've walked is online here.

New counties that have been sanctioned as YREs by the Texas County Walkers for 2018 are: Amarillo (Potter County), Ballinger (Runnels County), Bronte (Coke County),



Ed Evans with one of the two cannons that line the walkway to the Fannin Memorial at Goliad, Texas.

But walking in all the Texas Counties is a big challenge because of the distance you have to drive. Thankfully, I love to travel and I wanted to collect a stamp in my Volksmarching Event Book for each of the counties. There are currently 29 Volksmarching clubs in Texas. At the time we did the t-shirts there were 37.

For years people said it couldn't be done. In 2009 I finally reached half way. I'd walked 127 counties and was told that was probably all I'd be able to get. Then there was renewed interest and some other people got behind the idea. They got together and created a new Volksmarching club whose purpose is to hold events in the underserved counties of Texas. The Texas County Walkers stated mission is to help us walk all 254 Texas counties by hosting events in areas not served by a local area club.

This club's activities sparked the interest of other Volksmarching clubs and they started sanctioning walks in new counties too. I had high hopes of being able to complete my goal.

Birch Creek Unit-Lake Somerville State Park (Burlison County), Cameron (Milam County), Coleman (Coleman County), Eden (Concho County), George West (Live Oak County), Goliad (Goliad County), Karnes City (Karnes County), Menard (Menard County) and Nails Unit-Lake Somerville State Park (Lee County).

Other club's new county YRE events are: Texas Wanderers, Floresville (Wilson County); Texas Trail Roundup, Jourdanton (Atascosa County); Texas Trail Roundup, Pearsall (Frio County); and Dallas Trekkers, Rockwall (Rockwall County).

The Whatever of Texas Sporting Club is hosting the upcoming TVA General Assembly and they have selected three new counties for regular events in conjunction with this.

- Friday, March 2, Leaky (Real County)
- Saturday, March 3, Del Rio (Val Verde County)
- Sunday, March 4, Kickapoo Caverns State Park (Kinney County and Edwards County).

Southwest Region continued on page 11

AVA National Program — Centurion Achievement Challenge

The Centurion Achievement Challenge encourages and recognizes those who make a special, serious commitment to the "Fitness" aspect of our Fun Fitness Friendship slogan. Participate in 100 events in a single calendar year. AVA will recognize your accomplishment with a distinctive patch. A lifetime of fitness begins with a single stride.

You must be an AVA Associate Member (annual or lifetime) to participate. AVA membership is separate from local club membership. For info contact Karen at AVA HQ, 210-659-2112 or email Karen@ava.org. Submit payment with a completed Centurion registration form to: AVA Centurion Achievement Challenge, 1001 Pat Booker Rd, Suite 101, Universal City, TX 78148.



Southwest Region *continued from page 10*

Houston Happy Hikers host April Walk in Montgomery, Texas

On Saturday, April 21, the Houston Happy Hikers will host their April walk at the Fernland Historical Park and Museum in Montgomery, Texas.

The start point is the Arnold Simonton House at 770 Clepper Drive in Montgomery. Registration will be between 9 a.m. and noon. Walkers must be off the trail by 3 p.m.

Montgomery was founded in July 1837 and named after Montgomery County, Alabama, which was named after Lemuel P. Montgomery who was killed in the Battle of Horseshoe Bend (1814). It became the first county seat of Montgomery County.

Fernland Historical Park and Museum is one of Cleveland's city parks and provides a place to see and feel varied Texas historical architecture and life.

Come stroll with the Houston Happy Hikers through Fernland Historical Park, and streets of Montgomery, take a peek into the history at the N.H. Davis Museum.

See you there! ☺

Hill Country Volkssportsverein's Joshua Springs Park Walk

By Martin Callahan

On Saturday, May 19, the Hill Country Volkssportsverein is hosting a 5k and 10k walk at the Joshua Springs Park and Preserve in Comfort, Texas. The park is built on a 400-plus-acre ranch in the Texas Hill Country purchased by Kendall County. The city of Comfort is about a 45-minute drive northwest of San Antonio at the junction of State Highway 27, U.S. Highway 87 and Interstate Highway 10. Joshua Springs Park is about eight miles southeast of downtown Comfort. For more info on the park and a map go online to kendallcountyparks.org/parks.

Register at the Joshua Springs Park, 716 FM-289, Comfort and start between 7-11 a.m., finish by 2 p.m.

The 5k loop is rated 1B while the 10k is rated 2B. Walkers will follow a scenic trail through the park along walking paths with short stretches along park roads. The 5k trail is on the newly developed trails in the park as well as along the lake shore. Walkers on the 10k loop will follow most of the same trail as the 5k before breaking off to explore the scenic undeveloped portions of the park. For info on this walk contact John Bohnert, 830-496-1746 or tinabohnert@gmail.com. ☺



Doug Eide and Indie stop for a picture along the walk trail next to an interpretive sign titled "Critters that Live Here" on the 2013 Joshua Springs Park Walk. Photo by Martin Callahan.

7th Annual Tour De Castroville and Walk Historic Blanco

By Martin Callahan

The Selma Pathfinders will host two Volksmarch events this spring. The first event on April 7 is an adjunct of the annual Tour De Castroville walk, run, and ride annual family events in Castroville, Texas. Registration for the Volksmarch is separate from the Tour De Castroville registration, though Volkssporters will follow the same Tour De Castroville marked trails.

Castroville, also known as the "Little Alsace of Texas" is located on the Medina River and US Highway 90 W, 25 miles west of downtown San Antonio in eastern Medina County. The town was named after its founder, Henri Castro, who obtained a land grant from the Republic of Texas to establish a colony. Henri Castro and his mostly Catholic Alsatian farmers first settled on the scenic bend of the Medina River in September 1844.

There are over 300 preserved historic buildings in and around Castroville, many of which sit in the old part of town, now a National Historic District. A large number of these original buildings were constructed more than 170 years ago are still being used as residences or businesses including numerous restaurants and antique shops. Note that the sign "PCH" on these historic buildings stands for Pioneer Castroville Home.

The 10k and 5k walk routes are rated 1A and begin at the Event Tent at the Castroville Regional Park, 816 Alsace Street. The start time is from 8 a.m. to 11 a.m., finish by 2 p.m. For info on the 7th Annual Tour De Castroville online go to castrovilletx.gov/tourdecastroville but do not register on this website — register at the event tent.

The second Selma Pathfinders event will take place in Blanco, Texas, on May 12 with the start from 8-11:30 a.m., finish by 3 p.m. The start point is at the Old 300 BBQ Restaurant, 318 4th St., Blanco. The 5k and 10k trails are rated 1B.



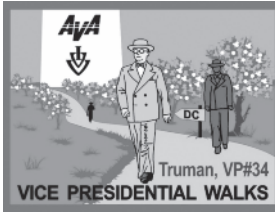
(l-r) John and Mari Hoyt, Doug Eide with Rudy (left) and Dolly, Susan and Darren Medlin stop for a picture along the 2017 Tour De Castroville Walk trail in front of the Vance Hotel and Store built in 1849 and part of the Landmark Inn Complex. Photo by Martin Callahan.

Blanco is located on U.S. Highway 281 about 12 miles south of Johnson City in south central Blanco County. The county was organized in 1858 and the town and county both are named for the nearby Blanco River. Blanco lost the county seat to Johnson City in 1891 after an election, but the beautifully restored courthouse built of native stone in 1886 still remains. For info online about the courthouse go to historicblanco.org/.

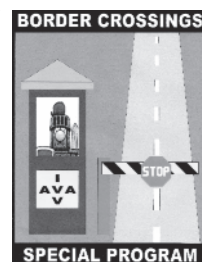
Volkssporters will follow a trail through historic Blanco City Square around the courthouse, through Bindseil City Park into Blanco State Park where many of the park improvements were created by the Civilian Conservation Corps in the '30s, and along the Blanco River. The course will be along some residential and rural routes, with a possible checkpoint at Real Ale Brewing Company. To learn more about Blanco online go to blancochamber.com/. Park fees will apply at Blanco State Park. ☺

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AVA Special Program — Vice Presidential Walks

Runs January 1, 2016 through December 31, 2018. This program honors U.S. Vice Presidents. Qualifying events must pass a site with a significant connection to one of the Vice Presidents. Examples: Bennington, VT passing sign quoting Coolidge. Annapolis state house for Agnew. St. Paul, MN for Mondale. Adlai Stevenson Park in Aurora, IL. Dallastown, PA and Dallas, TX for George Dallas. No walking event can be used twice. Requires only 12 different Vice Presidents to complete book. Award is a color patch based on photo of Harry Truman walking in Washington, D.C. Sponsored by Twin State Volkssport; Pat Stark, 307 Wilder St., White River Jct. VT 05001. Checks payable to TSV. 

AVA Special Program — Border Crossings

Runs January 1, 2014 through December 31, 2023. The participant must physically cross the border from one state to another while on a Volkssport event. Walking, swimming, biking and cross-country ski events all count. Borders between counties do not count unless they are in different states. International borders will count as long as they are part of an IVV event. Submit a photo of your border crossing making it a personal mini photo album or keep notes to make it a mini journal of your adventures in your passport. You may do the same border crossing on 15 different days by dressing up in different clothes, wear a different hat, carry a stuffed animal, toy, etc; in each photo. Walk 15 sanctioned events. Patch: 3"x4". Sponsored by the Michigan Pathfinders, Tom Crabill, 10435 Oak Trail Rd., Ft. Wayne, Indiana 46845-6115, tjcrabill@comcast.net, 260-409-1659. 

Southwest Region *continued from page 11*

Cedar Park Caves II Volksmarch

By Doug Eide

The Colorado River Walkers will host a special Caves Volksmarch in Cedar Park, Texas, on April 14. Cedar Park is located about 15 miles northwest of the state capitol in Austin. This is not your regular Volksmarch, but a unique hike through natural areas with interesting caves, fissure and sinkhole entrances. You will not want to miss this very unique walk.

Ranch Rd. Cedar Park. The park has plenty of parking, with restrooms and a covered pavilion.

The now defunct Texas Caves Conservancy placed more than 40 educational (yet aging) signs at the entrances to the caves. Signs include information on endangered species, cave life and plants that make their



(l-r) Judy Camps, Gene Harris, Doug Eide with Rudy, Jim Jack, Greg Sells, and Carol Shaner with Dolly stop for a picture in front of the Pearl Harbor Cave which is surrounded by a fence behind them along the April 2016 Caves Walk trail in Cedar Park, Texas. Photo by Martin Callahan.

The Caves Volksmarch route will access caves of the Discovery Well Cave Preserve and through the Buttercup Creek Cave Preserve and eight other smaller cave areas of Westside Preserve. Texas Cave Conservatory member Mike Walsh said that, "There are approximately 700 known caves in Williamson County and this is about the only place where you can really come and go hiking and read about the caves and where we have activities available." Walsh also stated that, "It's very rare to have parks that are open like this to the public."

The 11k route is through these two cave preserves and the residential areas surrounding them for a moderate difficulty walk. This includes walking across and later along the major roadway of Lakeline Blvd. The shorter 6k option walk includes nine of the Discovery Well Caves. While each cave is unique, there will be no access into any of the caves as they are secured and gated with a metal grill to ensure public safety. Both trails are rated 1C and the Colorado River Walkers recommend that walkers carry a walking stick and wear sturdy footwear.

Both walks begin and end at the Nelson Ranch Park, 905 Nelson

home in the caverns. The Discovery Well Cave Preserve is a 110-acre preserve located at the corner of Anderson Mill Road and Lime Creek Road. The preserve houses 10 separate caves and is one of the last known homes of the Tooth Cave Ground Beetle. A master plan showing improved trails, a nature center, parking and picnic areas has been approved for this preserve, but funding is still lacking. The Westside Cave Preserve (including the Buttercup Creek Cave Preserve of almost 60 acres) features a wide variety of more than 30 caves sprinkled throughout the west side of Cedar Park.

Because of West Williamson County's karst landscaping — an area that has a large number of caves, sinkholes, fissures and underground streams — the area is home to several types of endangered cave bugs, including the bone cave harvestman, the tooth cave ground beetle and the coffin cave mold beetles. The beetle species are exclusive to Williamson County.

For info on this unique Volksmarch contact Doug Eide, 512-591-1320 or doug.eide@yahoo.com or go to the club website at coloradoriverwalkers.org/.

The Randolph Roadrunners' spring walk events

By Martin Callahan

The Randolph Roadrunners Volkssport club of Universal City, Texas, is hosting two Volkssports events this spring. The first is three Sunday guided 10k and 6k featured Year Round Events (YRE) in Boerne in conjunction with the city of Boerne's annual "Get Fit Boerne Month" on April 8 (downtown walk), April 15 (cemetery walk) and the April 22 (Cibolo Wilderness walk) YREs.

Boerne is about 30 miles northwest of San Antonio. The town was first settled in 1849 by a group of German pioneers and continues to this day to have a distinctive German flavor. Depending on which YRE you choose you will follow a route through residential and historic sections of the town, the historic City Cemetery or the beautiful Cibolo Nature Area.

Volkssporters need to gather at the start point at Comfort Inn & Suites, 35000 I-10 W. to begin the Guided Walk by 9 a.m. for each event date. Boerne residents will receive free credit for their "Get Fit Boerne Month" program, but if they want AVA credit will have to pay the fee. For more info on these events contact Ellen Ott, 210-723-8574 or ellenott@sbcglobal.net.



(l-r) on the left side of the table, Carol Obianwu, Darren Medlin, Joe Noonan, and Gayle Weinraub. From front to back on the right side of the table, Susan Medlin, Susan Noonan and Doug Eide. All of these Volkssporters are enjoying good drink, food and music after completing the 2017 King William Historic District Walk in San Antonio. Photo by Martin Callahan.

The second event will be the King William Historic District 10k and 5k walks in San Antonio on Friday, May 18. The start time is between 3:30 and 6 p.m., finish by 9 p.m.

Register at the Beethoven Maennerchor (Men's Choir) Halle und Garten at 422 Pereida Street, San Antonio. The Beethoven Men's Choir was founded in 1867 and is still going strong today. For more info on the Beethoven Maennerchor visit its website beethovenmaennerchor.com.

The King William area was the residential center of the German community in San Antonio and comprises about 22 blocks with 79 historic buildings. The streets were laid out between 1853 and 1859, with the main street being named King William in honor of the King of Prussia.

The walk route will take you by many of the most beautiful and historic buildings in the district, with the oldest dating to the 1860s. The walk route also continues along a portion of the scenic San Antonio River Walk and will treat Volkssporters to a view of the old San Antonio Arsenal built in 1859 and other historic structures.

At the conclusion of the event, paid walkers will receive an extra bonus of free admission to the May 18 Maifest that is going on in conjunction with the Volksmarch. Volkssporters will be able to enjoy German food, drink, continuous live music, the Maypole Dance and more.

Walkers wishing to participate in this truly German experience should contact John Ives for more information at 210-694-4584, jbives@texas.net, or go to the club's website randolphroadrunners.info/.

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Southwest Region *continued from page 12*

Caminada De Fiesta Mitchell Lake Audubon Center Walk

By Martin Callahan

The Fort Sam Houston Texas Wanderers Volksmarch club is hosting its 5k and 10k Caminada De Fiesta Walk event at the Mitchell Lake Audubon Center on April 21.

Fiesta is a 10-day festival held every spring in San Antonio. It was originally called Fiesta San Jacinto in honor of the 1836 Battle of San Jacinto where General Sam Houston's Texans defeated the Mexican dictator, General Santa Anna.



Margie Kent and her grandson Le Kent pose for a picture in a bird observation blind along the 2017 Texas Wanderers' Caminada De Fiesta Walk trail at the Mitchell Lake Audubon Center Walk in San Antonio, Texas. Photo by Martin Callahan.

The center is located on a 1200-acre natural area just south of downtown San Antonio. The start point is the Mitchell Lake Audubon Center pavilion located at 10750 Pleasanton Road, San Antonio.

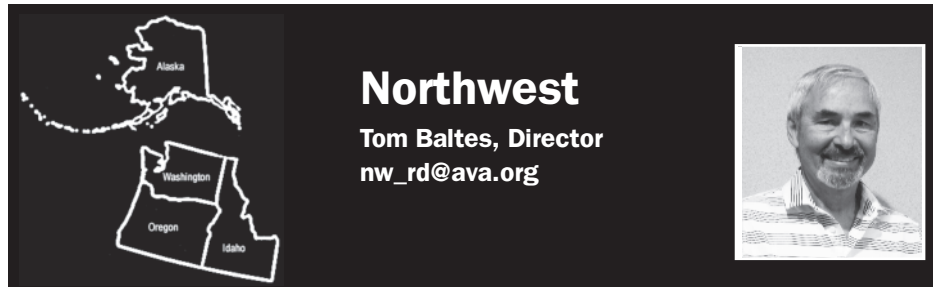
The natural area includes the 600-acre Mitchell Lake, 215 acres of wetlands and ponds and 385 acres of upland habitat. The lake is a virtual paradise for bird watchers as over 300 different species have been seen. The natural area also boasts 120 species of plant life and a large variety of reptiles, amphibians, insects, and mammals.

The route is rated 1B and will be within the center along dirt and gravel trails. The route will include nature trails and will proceed around ponds and along the shoreline of Mitchell Lake, home to numerous wading birds and other wildlife. To learn more about the center online go to mitchelllake.audubon.org/.

Registration is from 8-11 a.m., finish by 2 p.m. Pets are not allowed on the property. There is a registration fee that includes the walk and admission to support the Audubon Society of Texas.

This event qualifies for these AVA Special Programs: Amphitheatres, Boardwalks and Bridges - Spanning the USA.

For more info contact Gerald Kamicka, 210-658-2160, GeraldK726@aol.com or go to the club website walktx.org/TexasWanderers/.



Explore city art and enjoy country quiet

By Ruthann Couch

There is talk that *The Simpsons* TV show is based on the city of Springfield, Oregon, and this is the scene of a great walk on April 14 that incorporates downtown murals and storm drain paintings with the new Mill Race Path. Springfield was settled by Elias and Mary Briggs in 1848 and they were among the first party to travel to the region via the "Southern

the city's tie to the river and environment awareness that "only rain down the drain." The route then transitions to the Mill Race Path that follows the newly restored historic Mill Race and connects to the Middle Fork Trail. Look for willows, ash trees and other native plants on the path that provides shade for juvenile fish and habitat for birds, mammals and insects. Farther



Route" by Klamath Lake, over the Cascades, into the Rogue Valley, then north to the Willamette Valley. The community was incorporated as a city in 1885 and was named after a natural spring located in a field or prairie within the current city boundaries. The economy of Springfield was largely dependent on the Oregon timber industry in the 20th Century and the Mill Race Path recognizes this integral part of the city's history. On Saturday, April 14, the Mossback Volkssport Club is offering a 10k walk on paved sidewalks and paths with shorter and longer distances available through Springfield. The route first explores the downtown's 15 murals, including one of *The Simpsons* TV family, one of author Ken Kesey (*One Flew Over the Cuckoo's Nest*), one celebrating the Oregon Trail and others. While walking keep an eye out for the eight storm drain paintings that recognizes

along the path you will pass a plywood mill and eventually start to see views of pastures and orchards to the south. The walk begins at the Springfield Utility Board Room at 223 A Street in Springfield. Start between 9 a.m. and 1 p.m. and finish by 4 p.m.

This is a wonderful walk for people of all ages. It is family friendly and the sidewalks and paths are suitable for strollers and wheelchairs. Leashed, scooped, well-behaved pets are welcome but not permitted in buildings. Children will really enjoy the walk as they explore the storm drain paintings and murals.

For more info about the Springfield Art & Mill Race Path Walk and/or directions, contact Sally Ross, 541-726-7169, or Colette Culver, 541-689-0823, or email mossbackclub@gmail.com.

Northwest Region continued on page 14

AVA Special Program — Water Fountains

Runs January 1, 2016 through December 31, 2018. Walk 20 sanctioned events that pass public water fountains or splash pads. Fountains can be natural or man-made. Fountains in yards will not count. The water does not have to be running. No drinking fountain, aerating fountain or waterfall will count. The info needed in the book includes the date, the place where the fountain is found, city and state. No duplicate stamps and only one qualifier per stamp. Patch: 3"x4". When requesting a book, include your email address for our information, if you have one. *Sponsored by Lawton Walkers, Suzi Bentley, 1104 SE Alta Lane, Lawton, OK 73501, or sebentley51@aol.com. Or Roland Ouellette, 2809 NE Heritage Lane, Lawton, OK 73501, or rlo@rioedmgroupp.com.*

AVA Special Program — A Walk in a City Park

Runs January 1, 2016 through December 31, 2018. Walk 20 sanctioned events that pass by or through a city park. The city park must have a name. No county, state or national parks will be accepted. Information needed in the book includes the date, the name of the park, city and state. No duplicate stamps and only one qualifier per stamp. Patch: 3"x4". When ordering a book, include your email address for our information, if you have one. Sponsored by Lawton Walkers, *Suzi Bentley, 1104 SE Alta Lane, Lawton, OK 73501, or sebentley51@aol.com. Or Roland Ouellette, 2809 NE Heritage Lane, Lawton, OK 73501, or rlo@rioedmgroupp.com.*

Northwest Region *continued from page 13*

Two AVA flower event walks in the heart of Willamette Valley

By Julia Westerberg

This spring two AVA flower event walks will return near Salem, Oregon. On Saturday, May 19 the Willamette Wanderers Club will sponsor its Keizer Festival Iris Walk in Keizer. On Saturday, June 2, the Albany Fitwalkers Club will sponsor its Peonies, Hostas and More Walk in Brooks. Both walks have been very popular with walkers over the years. The Willamette Wanderers' walk will be at the Schreiner's Iris Gardens, 3625 Quinaby Rd. NE, Keizer, a fourth-generation family-owned Keizer business of 71 years. The 5k/10k walk routes, rated 1B, will include one of their 10-acre display gardens and some of their 200-acre fields. Walkers might also wish to participate in the Keizer Iris Festival activities (iris.festival.com).

filbert grove and other agricultural fields, will bring 10kers to the fantastic Sebright Hosta Gardens. These gardens have nearly 500 hosta varieties along with ferns and other shade-preferred plants, shrubs and trees. It also includes the Mid-America Garden with blooming irises among other colorful flowers. Remnants of Lake Labish and perhaps Mt. Hood may be seen on this country walk.

There will be 5k/10k routes, rated 1B. Start time: 8 a.m.-1 p.m.; finish time: 3 p.m. Not suitable for strollers or wheelchairs. Leashed pets are permitted. For more info, contact Don Reed, donreed1946@yahoo.com, 541-926-8327 or Albany Fitwalkers' website albanyfitwalkers.org.



Walkers in iris field.

Start time: 9 a.m.-1 p.m.; finish time: 3 p.m. Not suitable for strollers and wheelchairs. Pets on leashes are permitted. For more info, contact Susan Hoskins, 2susanhoskins@comcast.net, 971-239-8659 or Willamette Wanderers' website willwander.weebly.com.

The Albany Fitwalkers will present its annual Peony walk at the Adelman Peony Gardens, 5690 Brooklake Rd., Brooks. These gardens are another family-operation that has won national and international acclaim. Besides the beautiful display garden, walkers will follow the 5k/10k routes in some of the 25 acres of multi-colored peonies of nearly 500 varieties. Walking on country roads, passing a

Participants at both events can extend their pleasure at home by buying bouquets and plants as reminders of their wonderful walking days. There are also gift shops at both places. The combined event flyer is found on the clubs' websites.

The combined events' brochure for these events can be found at the clubs' websites as well as their brochures of their self-guided YRE/Seasonal events.

Come with your camera to the Mid-Willamette Valley this year to enjoy fields of gorgeous blossoms! You will be amazed by all the varieties and colors. ☺

Trail of Blue Ice

By Pamela Medolo

Come walk Anchorage Volkssport Club's Trail of Blue Ice 10k Traditional one-day Volksmarch to help celebrate National Get Outdoors Day on June 9. Registration will be open 10 a.m.-1 p.m. at the Begich, Boggs Visitor Center (U.S. Forest Service), Portage, Alaska. All walkers must finish no later than 4 p.m.

The Trail of Blue Ice is a six-mile long scenic trail with views of three glaciers in this valley of Chugach National Forest. Volksmarchers will walk part of it passing Byron and Middle glaciers.



Leaving the Visitor Center, the trail follows the shoreline of Portage Lake then along the banks of Williwaw Creek. The trail is rated 1A. It includes paved paths, cinder paths and boardwalks made of Alaskan yellow cedar. It winds through a wooded valley, past ponds or along pristine creeks and rivers. There will be a staffed checkpoint at the Black Bear Campground. Nearby is a fish-viewing platform with information about the many varieties of salmon that may be seen later in the season. At the halfway point, walkers will self-validate their start cards then turn around to retrace the same route back across the tied arch bridge over the Little Williwaw Creek continuing back to the Visitor Center. As it is spring in the mountains, expect a colorful array of wildflowers along the trail, including lupine, dwarf dogwood, buttercups, chocolate lilies, pyrola, nagoonberry, violets and many others. It is likely walkers will see eagles soaring overhead and evidence of other wildlife.

The Begich, Boggs Visitor Center shows a 25-minute film about the area in its 200-seat theater and there are several rooms with exhibits illustrating the cultural history, flora, fauna and geology of the area. Refreshments can be purchased nearby at the Portage Glacier Day Lodge. Also at the lodge, one can purchase tickets for the M/V Ptarmigan, a small ship that cruises Portage Lake and offers up-close views of Portage Glacier.

There used to be a town nearby (Portage), but the 1964 earthquake caused the land to drop nine feet and submerged the town. Now the nearest town is Whittier, on the opposite side of the Anton Anderson Memorial Tunnel (toll charged). For more info contact Stevan Cady at AlaskanEagles@gci.net. ☺

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so you get your next issue of TAW!

AVA National Program — Walking the United States

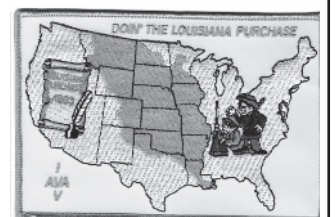
Earn special recognition! Complete an AVA walk in all 50 states or in all 50 state capitals and Washington, D.C. The basic state or capital program earns a certificate. A separate book is required for each program — request two books if participating in both programs. An optional Deluxe Package is available upon completion that includes a state or capital certificate, a large patch, and a patriotic T-shirt. Details are on the back of each book. Order your "Walking the United States" record book directly from AVA Headquarters, Attn: AVA Headquarters, 1001 Pat Booker Rd., Suite 101, Universal City, TX 78148-4147. Email karen@ava.org.



AVA Special Program — Doin' The Louisiana Purchase

Runs January 1, 2015 through December 31, 2018. Do one walk in each of the 15 states that were made in whole or part from the territory of the Louisiana Purchase which makes up about 23 percent of the territory of the U.S. Regions included in this program are the North Central, South Central, Rocky Mountain and Southwest. Walk 15 different sanctioned events — one per each of the 15 states. Patch approximately 4"x6".

Send request to Nebraska Wander Freunde Trailblazers. POC: Butch Spaulding, PO Box 8147, Omaha, NE 68108, email bs1preznfwf@aol.com, phone 712-322-2797.





Northeast
Chris Mellen, Director
ne_rd@ava.org

Take a walk in the park

By Janet Varnon

Join Walk'nMass on May 12 for a walk through Forest Park in Springfield, Massachusetts. The walk begins at Trinity Methodist Church. Trinity was completed in 1929 and built in Gothic Revival style, designed by Boston firm Allen & Collins. Then walk down Summer Ave. to Forest Park, through the park on sidewalks, dirt paths, and then out into a neighborhood and back into the park.



Entrance to zoo in Forest Park, Springfield, Massachusetts.

Forest Park is one of the largest urban, municipal parks in the U.S. covering 735 acres overlooking the Connecticut River. It was designed by the renowned landscape architect, Frederick Law Olmsted. Among Forest Park's notable year-round attractions are the zoo, featuring large cats, monkeys, birds, and a number of other "exotic and indigenous animals;" several wooded groves; picnic areas; ponds; an exhibit of ancient dinosaur tracks, and an eternal flame that burns 24 hours a day honoring President J.F. Kennedy.

The ruggedly contoured valley of Pecousic Brook occupies more than half of the south side of the park. This area has been left largely natural, although it features many walking trails and a few elegant bridges. It is home to many species of birds and wildlife. There is a lot to see on both 6k and 10k routes. There is a statue at the Route 5 entrance to the park that was created by Peter Wolf Toth and is part of the "Trail of the Whispering Giants." The statue represents Omiskanoagwiak. There is also a statue of a golden retriever, Stone Dog II, in the area of the zoo. The original Stone Dog dates back to the late 19th century.

For more info, contact Janet at 413-244-4128 or walknmass.org.

TAW TIPS!
www.walkgdmva

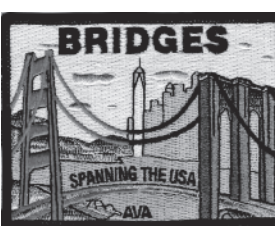
sites.google.com/site/walkgdmva

<http://sites.google.com/site/walkgdmva>

In text, the prefix for a website URL is no longer needed. Only the critical info to link to your URL is necessary.

AVA Special Program — Bridges — Spanning the USA

Runs January 1, 2016 through December 31, 2018. Acknowledge our dependence on bridges where the route goes over or under a bridge. Bridges can be across any waterway, ravine, mountain stream, marsh, road or railroad to allow passage of motor vehicles, pedestrians, and/or railcars. If multiple bridges are on one event, one paid per event stamp can be used for each location, and one stamp is allowed per bridge location per year. The 4"x3" patch depicts the San Francisco Golden Gate and the Brooklyn bridges to emphasize the countrywide aspect of the program. Send request to Central Washington Sun Striders c/o Millie Haupt, 2510 So. 52nd Ave., Yakima WA 98903. m.haupt@charter.net.



Peony Walk in Falmouth, Maine

By Denise Macaronas

Southern Maine Volkssport Association (SMVA) invites you to a Peony Walk on Sunday, June 24 in memory of Carroll Tiernan, SMVA's long-time president, cheerleader and friend. Co-sponsors of this walk are Maine Audubon, where Carroll worked for 32 years and where she enjoyed the beautiful peonies every June, and Falmouth Parks and Community Programs, helping to celebrate the Town of Falmouth's 300th anniversary.



Carroll Tiernan. Photo courtesy of Maine Audubon.

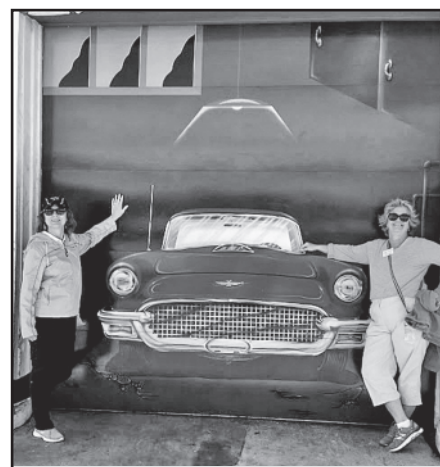
Maine Audubon is creating the Carroll J. Tiernan Meditation Garden at Gilsland Farm in Falmouth as an enduring reminder of Carroll's kind nature and as a peaceful and beautiful addition to the place she loved so much. Contributions can be made to Maine Audubon, 20 Gilsland Farm Road, Falmouth, ME 04105. Please include "Carroll's meditation garden" in the memo. Online contributions can be made at maineaudubon.org/support and include "Carroll's meditation garden" in the comments section.

Save the date – Sunday, June 24. For more info contact POC Denise Macaronas, SMVA2005@yahoo.com, 207-774-3415 or PO Box 722, Westbrook, ME 04098. Details on our website, smva.mysite.com, and also on Facebook, Southern Maine Volkssport Association.

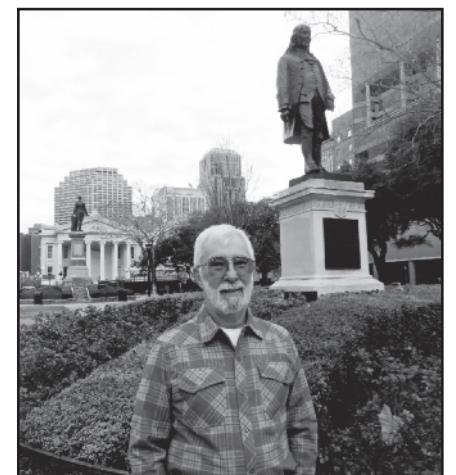
ESCV photos



While many ESCVers snowshoe, cross country ski or walk at Crossgates Mall, some leave the Capital District of New York during the winter to enjoy the warmer climate of Florida. Volks South was founded by David and Marion Averill, Doug and Jackie Reynolds and Paul and Gail VanValkenburg to get people walking together by taking advantage of the many walks organized by four of the resident clubs of the southeast. Some of the walks are Traditional events and the others are Year Round events. On Wednesday, February 7, the ESCVers walking in Tampa, Florida, posed on the steps of the University of Tampa. Photo by Rose Amato (using Dave Averill's camera).



Deborah D'Arcangelis and Kathy Mack are showcasing a mural on a door at Steve's Garage along the Volkswalk route in Punta Gorda, Florida. A Volks South group walk was enjoyed here on Wednesday, January 31. Photo by Wayne Knapp.



Members of the Empire State Capital Volkssporters often include Volkswalks in their travels. Jim Morzillo is next to the statue of Benjamin Franklin in Lafayette Square, New Orleans, Louisiana. This square is the second oldest park in NOLA and was named for the Marquis de Lafayette, the French aristocrat and general who fought on the American side in the Revolutionary War. Photo by Linda Morzillo.



Robert Wadlow, World's tallest man

By **Trudy Duffman**

The Illinois Trekkers Volkssport Club welcomes everyone to walk in Alton, Illinois, on June 30. Alton is a historic community nestled on the Mississippi River approximately 25 miles north of St Louis, Missouri. The community is the home of Robert Wadlow, the world's tallest man on record. He was born on February 22, 1918 weighing eight pounds and six ounces. Wadlow became known as the "Gentle Giant" due to his eight-foot-11-inch stature. His rapid growth was medically attributed to a pituitary gland problem. He wore a size 36AA shoe and following high school worked for the International Shoe Company advertising Peters Shoes. Walkers will be able to view Wadlow memorabilia at the Alton Museum of History and



Art, which is directly across the street from the bronze life size statue. The club will offer an embroidered patch depicting his statute as an award.

Alton is also the site of one of the Lincoln Douglas Debates. Illinois celebrates its bicentennial this year and walkers will want to visit this historical monument known as the Lincoln/Douglas Square.

AVA Special Program Underground Railroad credit is available as Alton has numerous documented sites where individuals like Elijah Lovejoy, Presbyterian minister, journalist, newspaper editor and abolitionist was murdered by a pro-slavery mob in 1837. Walkers will get a chance to see the Lovejoy Memorial dedicated to his anti-slavery work. The walk route will include several of the sites along the way.

Underground Railroad enthusiasts can reserve a seat on the Underground Railroad Tour Bus by contacting the company at 1-800-258-6645 or sign up online at visitalton.com/shuttle. There is a tour at 1 p.m. This two-hour tour includes Alton, Godfrey and other areas of interest along the "Alton Route" of the Underground Railroad.

Alton offers many places to dine and relax as well as a casino for those interested.

We hope you can join us in Alton on the last day of June. This area has four established AVA walking clubs with numerous YREs to walk, two bike events and one swim. Plan to spend the weekend and enjoy the Midwest.

For more info on this event contact Leonard or Delores Wojtysiak, lpw466@gmail.com or Trudy Duffman, trudyduffman@yahoo.com or go to illinois-trekkers.org.

AVA Special Program – Walk Like An Olympian

Runs January 1, 2018 through December 31, 2021. Just like the Olympians, you can earn bronze, silver, or gold by walking routes in cities that have hosted a modern Olympic Games and/or American cities with the same name as host cities (i.e. Athens, Georgia or Moscow, Idaho). Ten walks are required for Bronze, 15 for Silver and 20 for Gold "medals" affixed to the 3x4" patch. Each event may be used two times in a calendar year. Check the South Bay Striders website (SBStriders.org) for a list of current qualifying walks and possible American locations. Sponsored by the South Bay Striders. For details and books, email Suzi Glass at glass2walk@gmail.com or write to WLO c/o Suzi Glass, 5562 Vassar Drive, San Jose, CA 95118.



Walk Southern Indiana Hills on April 21

By **Teena Ligman**

A scenic state forest steeped in history is the site of a 10k and 5k Volksmarch on April 21. Jackson-Washington State Forest is a popular forest in south-central Indiana not far from I-65 or US 50. It has been the site of three Volksmarches in the past. This year the route has been redesigned and a new trail developed. Registration will be at the White Oak Shelter House, the first shelter house next to the Forest office, from 9 a.m. until 1 p.m. (EDT). Walkers must complete the walk by 4 p.m.

Several unique features make this volksmarch of interest. It winds through an old Civilian Conservation Corps Camp, where walkers can admire the stonework of those early masons, even walking down old stone steps reminiscent of walking through time.

The walk crosses a long boardwalk through a marsh and has wonderful views of two lakes, following the shoreline of one and across the dam. The area has high narrow ridges with long views of the forest and valleys below. Most trails are easy to moderate but there are some short steep sections.

Camping and fishing is allowed in the area. In April, there should be wildflowers along the trail, and a free traditional German lunch with brats will be served for all those who hike our Volksmarch.

Bedford Hiking Club sponsors two nearby Year Round walks in Lawrence County (west of Jackson County State Forest). One is at Spring Mill State Park near Mitchell, Indiana, and the other is the Limestone Walk through the historic section of Bedford, Indiana.

For more info check the Bedford Hiking Club website: bedfordhikingclub.com or contact Teena Ligman at 812-278-0139.



Ruins of former CCC camp.

Vineyard walk in Waterloo

Gateway Milers invite you to join us for a picturesque walk at Schorr Lake Vineyards on June 16. The winery and vineyard are located just outside of Waterloo, Illinois, on the edge of peaceful Schorr Lake. Waterloo is just across the river from St. Louis, Missouri.

Our walk will begin in the vineyard, spill out into Lakeview Park with its 100 acres and three large lakes and then traverse through the Vandebrook neighborhood. The final view at the end of the walk returning to the vineyard is just beautiful!



Gateway Milers will feature a lunch for a nominal fee and, of course, please stay and enjoy a beverage or a wine tasting. Schorr Lake Vineyards began in 1994 with seven acres of grapes. Today it boasts 16 varieties. The winery opened in 1998 and all wines produced at Schorr Lake are estate grown and estate produced. A quiet wooded area is featured where you can relax on the deck and overlook the six-acre vineyard or the lake. You are invited to sit on the patio, stay for lunch, visit with other walkers and enjoy the day playing yard games provided by Gateway Milers.

Visit gatewaymilers.org for more information. We make walking fun!

Mid-America Region continued on page 17

Mid-America Region *continued from page 16*

Traveling Guided Walks in Central Indiana

By Cliff Terry

This year, the Indy 'G' Walkers are offering a new program that features more frequent walks at exciting new destinations. The Traveling Guided Walk (TGW) program allows our club to have a shorter start/finish window than our previous Traditional events that use maps or marked trails.

During the spring and summer, the club will sponsor four events in Hamilton County, Indiana, in the northern suburbs of Indianapolis. The start points and descriptions are:

March 24 — Quaker Park, Westfield, Indiana. The walk wanders the upper parts of the Monon Greenway and Midland Trace along rails to trails pathways. Trail Rating 1A.

May 5 — Freedom Trail Park, Westfield, Indiana. The park is named for Westfield's role in the Underground Railroad prior to the Civil War. The trail wanders through three beautiful parks, two historic cemeteries and the Midland Trace. Trail Rating 1A.

June 16 — Community Park, Cicero, Indiana. The trail wanders through the quaint town of Cicero and across beautiful Morse Reservoir to Red Bridge Park. Trail Rating 1A.

July 14 — Rohrer Rd - Monon Entrance, Carmel, Indiana. The walk wanders the upper parts of the Monon, Hagan Burke and other adjacent trails. Trail Rating 1A.

At least three more events are planned for late summer and fall. Each event will have a 5k or 10k option and will be led by a group leader who will set the pace. Participants will start the walk promptly at 10 a.m. Please arrive at the site at least 15 minutes before the start time to register. For more info, contact Cliff Terry, 317-776-1848, email clifferry@sbcglobal.net, or Jim Blessing, 317-848-7278 or email jashbless@gmail.com.

Underground bonanza in Northeast Ohio

Besides the Seasonal and Year Rounds, three of our upcoming events qualify for the AVA Special Program Underground Railroads. On May 12, Valley Vagabonds is sponsoring an event in Kent starting at the City Grille and is also opening the Seasonal event from that location. Both qualify for the Underground. We have expanded our times so that you are able to do both. The Kent seasonal also takes you to the memorial for the Kent students who lost their lives.

On June 16, the Wellington event also qualifies for the program as well as Gemülicht Wanderers are having walk in Spencer. Both clubs are expanding walk times so that you may take advantage of both events. In addition, Oberlin Seasonal is just 20 minutes away from Wellington. Oberlin has a fantastic memorial to the Underground Railroad. The Oberlin Inn is a great place to stay. On August 4, a downtown Cleveland event takes you by the historic church that was a vocal point for the Underground Railroad in Cleveland. You will also be able to do the downtown Cleveland walk. Not confirmed yet but the checkpoint for the event may be at a great local brewery as well as passing a great ice cream parlor. Both on this walk and the Kent walks qualify for Bridges Spanning the US.

Come to Cleveland and enjoy a variety of exceptional walks that take you through history as well as great casinos and the Rock and Roll Hall of Fame.



Midland Trace trail at Freedom Trails event on May 5.

Two spring walks in Chicago's western suburbs

By Irena Paronis and Dana Jennings

The Windy City Walkers are planning two Traditional events in suburbs west of Chicago. First on Saturday, April 21 is a first-time walk in Wheaton, Illinois. Two weeks later, on Saturday, May 5, the Windy City Walkers again celebrate Founders Day in Downers Grove, Illinois.

Join us in exploring historic Wheaton during our new walk there. The walk consists of a 10k route, with a shorter 6k option available.

Wheaton is located 30 miles west of Chicago. Although it is considered one of Chicago's suburbs, it was originally settled in the 1830s. It incorporated as a village in 1859, and was named DuPage County seat in 1868, after a contentious battle with neighboring Naperville (complete with a midnight raid to steal county records!) Wheaton incorporated as a city in 1890.

Wheaton has 75 houses of worship, representing nearly 40 religious denominations located within its city limits and in its outlying unincorporated areas. The Genus Edition of Trivial Pursuit lists Wheaton as having the "second most churches per capita in America." It is also home to evangelical Wheaton College.

Our walk begins at the Wheaton Public Library, 225 N. Cross St, where participants will register, receive maps and walking instructions. The walk will take you through the Wheaton College campus, past the old DuPage County Courthouse and jail and past the Wheaton French Market. You will walk through the quaint downtown with its many shops and eateries and through residential areas which have numerous homes dating back to the late 1800s. The 10k route also takes you through Northside Park and past the grounds of the Theosophical Society of America's headquarters.

Participants may register for the self-guided walk any time between 9:30-11:30 a.m. or are welcome to join our members for a group walk that will leave the start point at 10 a.m.

For the fourth year, the Windy City Walkers are partnering with the Downers Grove History Society, the Downers Grove Museum and Park District, and the Downers Grove

Library to commemorate Founders Day. This year's theme selected by the Downers Grove History Society is the Civil War. A number of activities and ceremonies, of which our walk is one, have been scheduled throughout the weekend. There will be a dedication of a Civil War plaque at the Main Street Cemetery at 11 a.m.

Members of the Windy City Walkers will be on hand at the start point at the Downers Grove Museum annex, 831 Maple Ave, to meet and register walkers between 9-11 a.m. Walkers will be provided maps and walking instructions with descriptions of sights they are passing. For those who wish to join other walkers, a group will be leaving the start point at 9:30 a.m. with the intention of joining the plaque dedication at 11 a.m. A schedule of all Founders' Day activities will be available at the start point.



Wheaton College.

Both 10k and 6k options are offered. Both walk options take you through the Denburn Woods area of beautiful homes. The trail continues to Maple Grove — one of DuPage County's oldest Forest Preserves, and through downtown Downers Grove. The 10k option will take you to several Downers Grove's historic cemeteries and past other downtown sights before returning to the start where the Downers Grove History Society is sponsoring "Country in the Park."

If you are in the mood for some additional walking, Downers Grove has a Year Round event which begins at the Downers Grove Public Library. Nearby are the Hinsdale and Oak Brook YREs.

We invite you to join the Windy City Walkers this spring as we explore the history and natural beauty of some hidden treasures in Chicago's Western suburbs.

AVA: America's Walking Club!



Hip and Happening Walk in Maplewood, Missouri

Maplewood, a city known for everything hip and happening, brings together foodies, shoppers, and music lovers to enjoy The Taste of Maplewood and Gateway Milers is going to take you on a journey through the bites, sights and sounds!

Welcome to eclectic neighborhoods and historic downtown Maplewood. Maplewood, Missouri, a suburb of St. Louis, developed in phases starting from the mid-1800's and running through to the 21st century. The residential areas of Maplewood offer a very eclectic mix of classical housing styles ranging from wood clapboard Victorians to Arts & Crafts style bungalows and "gingerbread" brick bungalows to 21st Century townhomes. There are over 40 historic buildings and landmarks within Maplewood that have enriched the neighborhood. Historic Route 66 originally passed through this area.



We have several famous landmarks such as Katz' Drugstore and the last of its kind, Saratoga Bowling Lanes. We will stroll down Manchester where you can view all the plaques from St Louis' Route 66 Landmarks (even those we won't see on the trail.) Maplewood is the home of award-winning food purveyors and craft brewers. You can try St. Louis favorites, a Strange Donut and a Shafly beer! Meet the butcher, baker, candlestick maker and other craftspeople making their wares in-shop.

The Taste of Maplewood festival is host to the best restaurants of Maplewood and Richmond Heights as well as craft booths and live entertainment. The festival begins at noon and runs throughout the afternoon and evening hours. Come join us for a great walk and consider staying for the festival!

For more info about our Maplewood Walk visit our website gatewaymilers.org. Gateway Milers — we make walking fun! May 19, save the date. ☞

Grandfield, Oklahoma walk

Come walk the streets of Grandfield, Oklahoma on May 5. The Red River is the southern border of Grandfield. Parts of the city are in Comanche, Cotton and Tillman counties. The Big Pasture was the last settled territory in Oklahoma. The Medicine Lodge Treaty of 1867 set aside a reservation for the Kiowa, Comanche and Apache Indians. This land became part of Oklahoma Territory in December 1906.

General Charles P. Grandfield, assistant postmaster, was helpful in granting the request for a post office. The town was named for him and the post office opened on January 21, 1909. Kentucky, Tennessee, Kansas, Missouri, Arkansas and Texas, along with newly arrived European immigrants, made up the residents of the new town. The North Oil Field and the Red River Oil Field had great influence on the growth of Grandfield. The closing of the refinery in the '60's was the biggest influence on the population decline.

Football held a place in the heart of Grandfield from the '40's to 1992 and 1993 with two championships after switching from 11-man to eight-man football. On the basketball court in 1979 Kenneth Johnson set a record of 105 points in an era without the three point scoring line. Johnson also set records for the season (1,280 in 1978-79) and most points in a career (3,191).

The Grandfield Downtown is a historic district. Other historic places are the William and Mabel Donahoo Hubbard House, the Humphreys Drugstore Building and the Tillman County Bank of Grandfield. The event qualifies for these AVA Special Programs: Animal Safari, Doin' the Louisiana Purchase, Food For Thought, Take a Walk in a City Park, United States Post Offices, Walk the USA -Street by Street, Walking the USA-A to Z and Walking the USA-50 States/51. ☞

Kansas kickoff to summer

By Terri Tyler

The Sunflower Sod Stompers are hosting their sixth Summer Celebration June 8, 9 and 10 and would like the members of the Volkswalking community to join them. The five sponsored walks will be in North Central Kansas communities – all within a 75-mile radius of Topeka. Kansas doesn't have many metropolitan areas, so these walks will be in smaller towns focused on agriculture, light industry and government. But each one is unique with some hidden finds. Four of the five walking events are new Sod Stomper trails in these different communities, along with three new Kansas counties, for those who are trying to walk all 105.



Our first walk will be a Friday afternoon event in Clay Center. This town is located in the center of Clay County, and is the mid-point between New York and Los Angeles. You might consider the Manhattan YRE as an option for another trail before ending your day.

Our morning walk on Saturday will be in Wamego – known for the OZ Museum and the refurbished Columbian Theatre. City Park features the Dutch Mill circa 1879 and Prairie Town – a collection of authentic buildings from the 1800's. The Sod Stompers are hoping to incorporate an Underground Railroad site into this walking event. The afternoon walk will be a short drive from Wamego to the small Kansas community of Alma – the county seat of Waubunsee County. Alma is a "City of Native Stone" and the creamery there makes some really good cheeses. There are some state-named streets on the route. Three swim events will be available after exploring Alma on foot. Before leaving Alma, we will have an evening get-together for all participants at Puffy's Steak House.

Sunday morning finds us in the lobby of the Holton Super 8 ready to hit the trail; a trail composed of many U.S. state streets found in this very active farming community in Jackson

County. The busy weekend of Volkssporting will end with a walk and three swim events in Valley Falls. Participants will get to visit the Lone Tree Pioneer Cemetery dating back to 1875. These Summer Celebration events will qualify for other AVA Special Programs besides those that were mentioned.

It is recommended that you make motel reservations ASAP. Accommodations in these smaller communities are hard to acquire on weekends so don't delay. Rooms have been blocked for our Volkssporting friends on Friday night at the Wamego Inn & Suites, 785-458-8888. The Super 8 in Holton, 785-364-1988, is our hotel for Saturday night. The owner there is excited to be hosting the group and to be providing the registration area for our walk on Sunday. Just ask for the Sod Stomper rate at each business. Rooms in the blocks will be released two weeks before.

If five walking events and six swims are not enough, there are several Kansas YREs within easy driving distance. The Holiday Inn Express, 785-320-7454, is the registration site for the Manhattan YRE, and the Topeka Ramada, 785-234-5400, is the start point for the Kansas Capitol walk. Both establishments would be alternative accommodations. Mentioning our club name or Volkssporting to the desk personnel would be appreciated by the Sod Stompers.

Make your plans now to include Kansas and these events in your summer activities for 2018. For more info, contact Trudy Duffman, 618-670-6920, trudyduffman@yahoo.com or Terri Tyler, tlyler50@gmail.com, 785-817-6333. ☞

South Central Region continued on page 19

AVA National Program — Walking the USA A-Z

Walk 26 cities — A to Z. For example walk in Albany for A, Zanesville for Z, etc. The program will continue indefinitely as long as there is interest. Once you have completed the event book you qualify to receive a beautiful patch. Note: X is a wildcard and can be a walk at any event that is not already marked for the program. Xenia is still an option. Make a copy of your book prior to mailing the original to: AVA Headquarters, Attn: A-Z Program, 1001 Pat Booker Road, Suite 101, Universal City, TX 78148-4147. Direct questions to karen@ava.org.



South Central Region *continued from page 18*

Three Walks – three clubs – three states – three Swims

Mark your calendar for April 21–22, and plan to make tracks to the Three-State Walk Weekend!

Walk #1 will be in Neosho, Missouri, and is hosted by the Dogwood Trailblazers. The name “Neosho” is generally accepted to be of Native American derivation, meaning “clear, cold water,” referring to local fresh-water springs. Nicknamed “City of Springs,” Neosho, since 1888, is home of the Neosho National Fish Hatchery, the oldest in the National Fish Hatchery System. It is known locally as the “Gateway to the Ozarks” and since 1957 as “the Flower Box City.” Neosho is located in Newton County (for those of you walking counties).

For more info contact Carolyn Wolfe, 417-658-6443 or Jim Gant, 417-291-4432 or jimgant40@gmail.com.

Walk #2 will be in Miami, Oklahoma, and is hosted by the Tulsa Walking Club (TWC). Miami is the county seat of Ottawa County, the capital of the Miami Tribe of Oklahoma, and home to the historic Coleman Theatre. Built in 1929 for George Coleman, a local mining magnate, it has a distinctive Mission Revival exterior and an elaborate Louis XV interior which includes gold leaf trim, stained glass panels, a carved mahogany staircase, Wurlitzer pipe organ and bronze railings. It was billed as the most elaborate theater between Dallas and Kansas City at the time of its opening, and played host to vaudeville acts, musical groups, and movies. It was listed on the National Register of Historic Places in 1983 and continues to hold performances. It's a grand building that walkers won't want to miss.

This walk will qualify for several AVA Special Programs, including Doin' the Louisiana Purchase and Lady Liberty Special Program.

For more info contact Rhonda Shockey, rjm0123@aol.com or 918-855-0195.

Walk #3 will take place in Independence, Kansas, located in Montgomery County. Independence was named in commemoration of the Declaration of Independence. This walk is hosted by the Sunflower Sod Stompers. Walkers will visit residential and business areas.

This walk will qualify for several AVA Special Programs, including Doin' the Louisiana Purchase and Lady Liberty.

For more info contact Terri Tyler, 785-817-6333 or tlyler50@gmail.com.

Swim events will also be held at the Comfort Inn in Independence on Saturday evening. This promises to be a great fun-filled multi-event weekend full of Fun, Fitness and Friendship. Don't miss out!

Did you notice? Two of the above walks qualify for Lady Liberty special program. Come early and/or stay later as Carolyn Adams, Deputy Regional Director from Vermont, plans to do to take advantage of the many Year Round events in these three states, which qualify for Lady Liberty. Get a jump-start on completing your book.

May 19, come back to Oklahoma, where TWC is pleased to host a Traditional walk event in Blackwell, Oklahoma, (Kay County). A lovely town, this walk will also feature Lady Liberty.

For more info, contact Linda or Woody Woodard, 918-260-4366 or lw35818@gmail.com.

Brochures for the above events may be downloaded from sites.google.com/site/tulsawalkingclub. ☞

George Snyder ... Supporter of Volksmarching

By Suzi Bentley

Some of you will remember this dedicated Volksmarcher from 1985, when he became the president of Holy Family Volksmarch Walking Club in Lawton, Oklahoma. If you were ever in their home, you would see the awards George and Sharon Snyder have accumulated that are on plaques, in frames and displayed on an Army blanket. The closets are full of records of walks and special programs that have been organized, walked and worked. The last count I heard was 17 three-ring binders. And they are not the one-inch binders. They are three to four-inch binders! The Holy Family Volksmarch Walking Club has been known for its cane shields and for the availability of a brat dinner at each of the Traditional walks. The club's name was changed to Lawton Walkers in 2016.



Sharon and George Snyder.

George could usually be counted on to keep the jokes going and people laughing. Even after he was not able to participate in the walking portion, he was at the start point to meet and greet and laugh with participants.

George and Sharon, his wife, ran the club for 30 years. Sharon then took the helm in 2015. This January, Sharon stepped down. George and she have been experiencing life changing health issues. In January, traveling home from Florida seeing family and doing walks, George ended up in the hospital. All sorts of tests were run. No results gave a definite diagnosis. Dehydration was a big culprit in their health issues. Things seemed to be getting better.

On January 17, George went into the hospital in Lawton. Fever, pneumonia, infection, not knowing who people were or who the president was. Again all sorts of tests were run. And again no definite diagnosis was reached. Things seemed to be going downhill rapidly. Hospice was called in. George didn't recognize many people. He wasn't eating and sure wasn't getting out of bed. The first week of February, George was transferred to a nursing home.

The care George received in this nursing home caused a total turn around. He was being showered, shaved, moved out of bed and walked around the room. He was remembering people, even talking with clearer speech. Then he progressed to feeding himself. Today, February 20, George was released from hospice. Now the next leg of his journey begins. George will be living at Brookdale Ten Oaks Retirement Center, 3610 Southeast Huntington Circle, room #407, Lawton, OK 73501. The center is off of east Lee Blvd. The front desk number is 580-353-1190. Sharon is working on a way for her to be in the same facility, possibly in the Independent Living wing. The center does have a therapy area, hair dresser, lovely dining room and I know there is a jigsaw puzzle usually being worked on in one of the meeting areas.

Until some things are moved, the home address is still a good one ... George and Sharon Snyder, 1714 NW 49th Street, Lawton, OK 73505. I know a card would be greatly appreciated and would bring back memories of walking buddies and friends met along the trails. If you are in the area and would like to visit, please call Sharon's phone, 580-357-2930. Email address is walkingfan@aol.com.

If I am home, you can call me. I live just over the fence from them ... Suzi Bentley, 1104 SE Alta Lane, Lawton OK 73501, 580-355-1885 or se Bentley51@aol.com. ☞

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Rocky Mountain
Sherry Sayers, Director
rm_rd@ava.org



Garden of the Gods – What's in store?

By Connie Dueker

In conjunction with Earth Day, the Falcon Wanderers will be hosting a walk in Garden of the Gods on April 21. We never know for sure what Mother Nature has in store for us. Sometimes the weather is a perfect 60 degrees for walking. But other times, Old Man Winter refuses to give up and throws a late spring snow storm at us. The terrain is varied and the views are spectacular, regardless of the weather. The trails wander by scrub oak bushes, over hills, around sandstone spires and on sidewalks and paved trails.

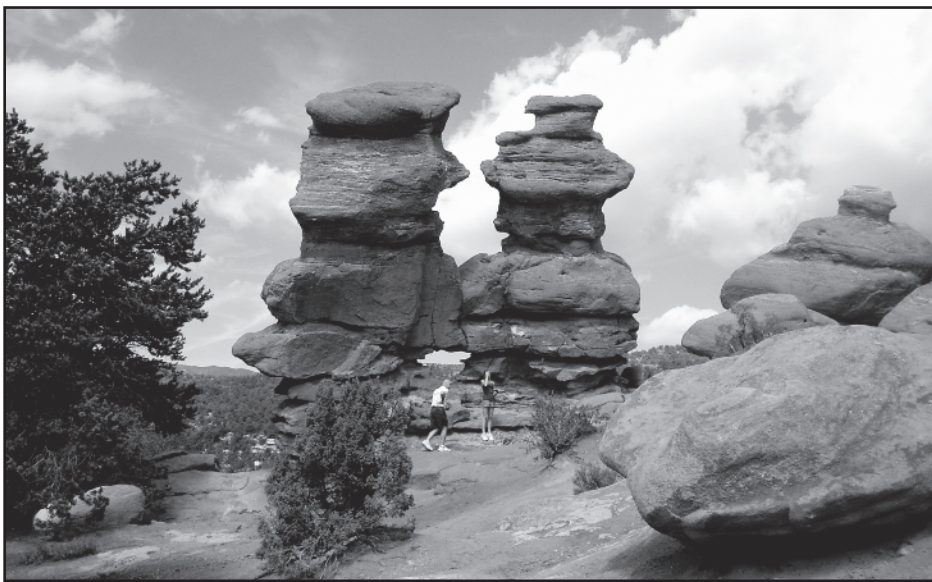


Photo courtesy of Russ Bechtold and Connie Dueker.

The walk will start in the parking area in front of the visitor's center, while parking on the day of the event will be a short distance away. Look for our club awning and the AVA/IVV banner. As the walk begins, the famous "Kissing Camels" will be straight ahead with a view of Pikes Peak. Be prepared for the weather — whether sunshine and 60 degrees, misty rain or snow.

The Garden of the Gods is a 480-acre park in Colorado Springs and is a registered National Natural Landmark with 300' towering red and white sandstone rock formations. The view of Pikes Peak with the slopes above timberline may be snow covered or rocky. The Garden of the Gods Visitor and Nature Center contains a museum, exhibits and a theater with an informational show.

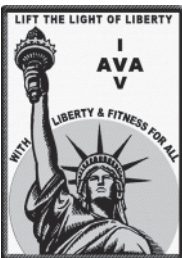
Park history: Mr. Perkins purchased the original 240 acres in 1879 with the purpose of building a summer home. He later added the additional 240 acres but never built the home. The park was donated to the city in 1909 by the family of Charles Elliott Perkins, "where it shall remain free to the public, where no intoxicating liquors shall be manufactured, sold, or dispensed, where no building or structure shall be erected except those necessary to properly care for, protect, and maintain the area as a public park." What a kind deed that was so that all of us can continue to enjoy the park and walk! ☺

Waiting for a reply from TAW?

Be sure your spam filter allows emails from taw@ava.org and taw@earthlink.net. Recently we've been unable to reply because of spam filters. Check yours now!

AVA Special Program — Lady Liberty

Runs January 1, 2016, through December 31, 2018. Each walk must be an AVA sanctioned event in which walkers walk by, or be able to see from the trail, any Statue of Liberty or replica. The qualifier must be stationary and non-moving, i.e. flags do not count, nor people costumed as Lady Liberty. Murals of the Statue of Liberty will also qualify. Complete 15 different events to receive award. POC: Tulsa Walking Club, c/o Teresa Arnold, POC, 1001 E. Tacoma Street, Broken Arrow, OK 74012 email: arnoldtea@hotmail.com.



The Klondike Rush

By Lois Petersen

The 40th anniversary of the oldest and finest 10k footrace in Wyoming - The Klondike Rush - is just around the corner, and the Buffalo Pathfinders is hosting a special walk (shall we call it The Klondike Stroll) as part of the festivities. Mark your calendar for Saturday, August 4, and come to historic Buffalo, Wyoming, to participate. This scenic trail encompasses sections of private property open to the public only one day a year, and is not to be missed. The course takes you out into the hills as you enjoy views of the Bighorn Mountains and the sounds of Clear Creek.

The walk starts promptly at 6:30 a.m. — yes, it's early, but an early start by the walkers means you'll be first in line for the annual Lion's Club pancake breakfast that takes place that same day. And, better yet, you'll be rested up and ready to cheer at the fair and rodeo parade that begins at 10 a.m. and enjoy the PRCA rodeo events that get underway at 12:30 p.m. that day. Johnson County's Fair and Rodeo Week runs from July 28-August 5, so come to Buffalo a day or two before the walk, and then the 6:30 a.m. start time will be easy! There are lots of great motels and campgrounds available, but advance reservations are recommended since summer in Buffalo is a tourist favorite.

With the Johnson County Fair and Rodeo in full gear, Buffalo's first weekend in August is packed with great events and truly Western activities. Better yet, for those who've got the time, stick around because Longmire Days starts the following Friday and offers great opportunities to rub shoulders with the stars of the popular *Longmire* TV series such as Robert Taylor and author of the *Longmire* series books, Craig Johnson, throughout that weekend. With three great Seasonal walks located in Buffalo (including the scenic Mentock Trail that was the opening event of last year's AVA Convention), and another AVA trail just 34 miles north of here in Sheridan, Wyoming, spending a few days in the area will offer lots of official events to enjoy during your stay.

Volksmarchers will pay only the regular fee and will have the option to buy a Klondike Rush t-shirt as a souvenir. For more info, contact Lois Petersen, 307 684-9160, or lois.petersen@gmail.com. The AVA portion of the Klondike Rush is in its infancy, so we'd love to have a good showing of walkers. ☺

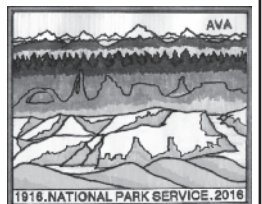
AVA Special Program — United States Post Offices

Runs January 1, 2016 through December 31, 2018. Walk 20 sanctioned events that pass a United States Post Office building. Buildings with some postal services will not count, i.e., grocery stores, drug stores. The zip code could be on the building. No rural mailboxes, residential mailboxes or mail drop boxes will count. If the building does not have a zip code on it, find it at this website: usps.com/zip4/ using street address, city and state. Include this information in the book: date, zip code, city and state. No duplicate stamps and only one qualifier per stamp. Patch: 3"x4". When requesting a book, include your email address for our information, if you have one. Sponsored by Lawton Walkers, Suzi Bentley, 1104 SE Alta Lane, Lawton, OK 73501, or sebentley51@aol.com. Or Roland Ouellette, 2809 NE Heritage Lane, Lawton, OK 73501, or rlo@rioedmgrou.com.



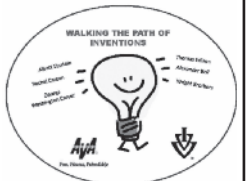
AVA Special Program — National Parks Centennial

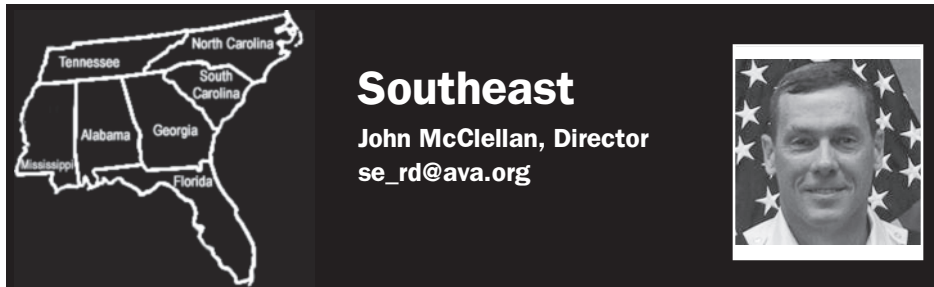
Runs January 1, 2016 through December 31, 2018. Sponsored by the Emerald City Wanderers. Walk 15 qualifying events that include National Parks, as well as events that pass by a national monument or memorial; all listed on National Park Service website. Further, the challenge walker may claim an event once each calendar year. Patch: 3"x4" upon completion of challenge. Send request to Emerald City Wanderers and mailed to POC Diane Hildebrand, PO Box 59592, Renton, WA 98058; walkin-crazydi@hotmail.com. Alternate POC, Mike Nagan, m.nagan@comcast.net. For more info, walkingwithecw.org/.



AVA Special Program — Walk the Path of Inventions

Runs January 1, 2016 through December 31, 2018. It is easy and exciting to complete this program with only 20 different walks. The walk qualifiers include but are not limited to: walks going by well-known inventors or researchers homes, gravesites, labs, workplaces or museums; walks with named streets, parks, statues, and buildings of famous inventors or researchers as part of the route; walks going by universities and colleges with published research or notable work on inventions that have taken or presently are taking place. Use each walk once. 4x5" patch. Send request to Finger Lakes Region Volkssport Club, Sue Connelly, 1041 Church Street, Cortland, NY 13045. For more info sjconnelly@aol.com.





WAF28: Keep An “Eye” on Orlando

By Rosemary Barna, Alice Lawrence, John McClellan

Walk Around Florida (WAF) 28 is a call to the tourist in all of us. This 28th multi-event weekend sponsored by the Happy Wanderers, Mid-Florida Milers and Suncoast Sandpipers, will be held November 2-4 at Florida’s premier vacation site, Orlando. Headquarters will be the Comfort Inn and Suites, a hotel near International Drive, Universal, and Lake Buena Vista/Disney Springs. The number one tourist destination in the world awaits your return visit – what, you have never been? This is the time to join us while we “walk like a tourist!”

past diverse collections of tourist attractions, hotels, shops and convention facilities. Following the walk change to tourist clothes (tacky, of course) and join other walkers at the free mixer at the hotel where you’ll see old and new friends. But wait, the evening has just begun! We walk to the nearby Sleuth Mystery Show for our evening dinner and show. Eat, drink, be entertained and solve a mystery during this exciting, interactive and fun evening.



Events begin on Friday afternoon with a walk at the all-new Disney Springs, an eclectic mix of unique shops, one-of-a-kind restaurants and lively entertainment at Walt Disney World. Spend the afternoon and evening exploring every delightful sight and remain to select your choice of over 30 eating opportunities. After a good Saturday morning breakfast that prepares you for a busy day, walk in Dr. Phillips area of Orlando where one of the premier golfing tournaments is held. Grab a quick bite at the finish in the spacious Dr. Phillips YMCA after the walk before returning to the hotel.

The afternoon walk is a stroll along International Drive, the center of fun and excitement for tourists in central Florida. This walk starts with the optional ride in our private 15-person capsules on The Eye – a sister to the famous London Eye – and continues

On Sunday after breakfast, we make our way to the start of Universal’s CityPlace to walk and tour resort grounds filled with scenic trails, sights, and more shops (Christmas is a short six weeks away). Return to the finish for a light lunch and the freedom to relax.

Registration brochures will be available after May 1. The Comfort Inn and Suites is now accepting reservations at 407-351-7000. Ask for “In House Reservations” and use code “Walk Around Florida.” These rates or a lower prevailing rate are available two days before or after the event.

Start packing your tourist clothes now for this unusually fun and different weekend. See our Facebook page at [facebook.com/WAFXXVIII](https://www.facebook.com/WAFXXVIII).

Two Walks and a play for a fun weekend in Alabama

The Capital City Wanderers added a new Year Round Event in Monroeville, Alabama, starting this year, which was formerly sponsored by the AVA Southeast Region. To celebrate, we have scheduled a group walk for Saturday, May 5. The group walk will begin at 10 a.m. Everyone can have a relaxing lunch then catch some of the activities of the Bicentennial Festival or shopping nearby. The group is planning to have dinner together before the play.

The trail tours the town where Harper Lee lived and wrote the novel *To Kill a Mockingbird* and where Truman Capote spent his teenage years. Walkers will see the courthouse, jail and other buildings, which were an inspiration to Harper Lee, and were used in the book and movie. Walkers will also enjoy the delightful wall murals along the route and tour the cemetery where the Lee’s and Capote’s relatives are buried. The walk will go through quiet, peaceful neighborhoods and along a pleasant lake and park. The walk starts at the City of Monroeville Police Station, 57 S. Mt. Pleasant.

Monroeville presents the play, *To Kill a Mockingbird*, each year. It is performed in the old courthouse, and it allows attendees an opportunity to transport themselves back to the time of the book’s setting.

If you are interested, the group will be attending the play Saturday evening at 7 p.m. Everyone must purchase their own tickets in advance (seating is open so the group will still be able to sit together). Additional information is at the play website, tokillamockingbird.com/the-play/. Tickets can be purchased online or by calling 251-743-3386. We understand that these will likely sell out early so everyone will need to get their tickets in advance if interested in attending.

Additionally, so you can go ahead and make travel arrangements, we will also be having a group walk of our Montgomery Downtown Year Round Event on Sunday, May 6 at 9 a.m. The start point is at the Embassy Suites hotel, 300 Tallapoosa St. in Montgomery. We are planning to have lunch together after the walk.

We hope you can join us for this fun weekend. ☺

In search of the elusive “Q”

By Dennis Michele

Don’t want to waste your free letter on “Q” for your alphabet quest? Then join the Asheville Amblers on May 5-6 in Qualla Boundary, the Cherokee Reservation in western North Carolina. An authentic Indian village, native garden and impressive museum showing the history and culture of the Cherokee nation are yours to enjoy. We’ll even throw in a visit to Harrah’s Casino, now a major source of jobs and income for the Cherokee.



Painted bear.

Also available that weekend are events in Cullowhee (home of Western Carolina University) and Highlands, where the rich in olden times came to escape the heat of summer. A vibrant university, fine homes and interesting nature trails and gardens will entertain you as you walk these events. And, in all three events, the wild flowers will be in full bloom

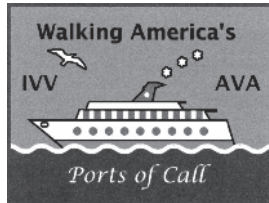
So, come join the Amblers as we celebrate these events. An “A” award will be available. For more info and a downloadable brochure, go to ashevilleamblers.com, or contact Judy Michele, at jumianc@aol.com or 828-628-4343. ☺

AVA: America’s Walking Club!

Southeast Region continued on page 22

AVA Special Program — Ports of Call

Runs January 1, 2016 to December 31, 2018. Walk 24 AVA sanctioned events in cities that include "port" in their name or that pass a location that is now or historically has been an ocean, river or lake port. One entry per calendar year is permitted for Year Round and Seasonal events. Duplicate event numbers for multi-day traditional events are not allowed. Insert cards may be used and attached to the booklet, but no write-in entries will be accepted. Patch approximately 3"x4". Send request to Olympic Peninsula Explorers, and mail to *Sharon Streitt, 1783 NW Rock Way, Poulsbo, WA 98370; raneysl@aol.com*.

**AVA Special Program — Ice Cream Parlors**

Runs January 1, 2017 through December 31, 2019. Ice cream parlors have been a special part of America's social and cultural history. Reminisce with fellow walkers about being taken out by parents or grandparents for sundaes or enjoying banana splits after school with friends. Maybe a special date or celebration happened at an ice cream parlor. The challenge is to complete 20 different AVA sanctioned events that pass an ice cream parlor. Chains such as Dairy Queen, Friendly's, and Shaklee's count but each chain can be used only once. Mobile ice cream trucks do not qualify. The 3"x4" award patch will be mailed after completed program book is received. Further details on the requirements can be found at walknmass.org. To request a program book or more info contact *Mary Frink, 38 Carter Street, Unit 205, Everett, MA 02149* and include your mailing and email addresses.

**AVA Special Program — Walk the USA – Street by Street**

Runs January 1, 2016, through December 31, 2018. Walkers walk all 50 states by walking streets named after cities or states in the USA on any sanctioned AVA or IVV Traditional or Year Round event. Walkers will be allowed to stamp a maximum of three (3) states per event so long as the qualifier is walked for at least one (1) block. Expand your qualifiers! Match a city-named street with the state that has a city with that name. If a walker walks on a Springfield street, for example, and already has the state of Illinois claimed in their book for this program, then they may want to use it for Missouri, Ohio, Massachusetts, Virginia or Oregon! Send request to *POC: Tulsa Walking Club, c/o Teresa Arnold, POC, 1001 E. Tacoma Street, Broken Arrow, OK 74012; email: arnoldtea@hotmail.com*.

**AVA Special Program — The Appalachian Trail**

Runs January 1, 2018 through December 31, 2028. Redeem books by December 31, 2029. The Appalachian National Scenic Trail is roughly 3,500 km long and goes through 14 states from Springer Mountain in Georgia to Mount Katahdin in Maine. Walkers must hike/walk a section of the trail in each state. A qualifying AVA walk is one that goes on the AT or a blue-blazed trail for at least 4k and will count for only one state; the sponsoring club will determine which one. Complete 14 required events. Each AVA stamp can only appear once in the book. Due to the unique nature of this program, participants have space in the program book to add a picture, notes, and other local stamps such as the park or AT Passport stamp. The patch is 4x6". For details and books, contact *Susan Medlin, 12527 Fern Creek, San Antonio, Texas, 78253, 210-325-3523* or email sueammed@aol.com.



Southeast Region continued from page 21

Going Cruisin' 2018

The UpState PathFinders are going cruisin' and you are invited! Join us as we go on our fifth club cruise. This time we are sailing from Tampa, Florida, aboard Carnival Paradise from June 9-14. You will want to arrive early on June 8.



Here is your Cruise Information:

- Day One: Arrive in Florida – 5k Night walk of Ybor/Channelside, then a meet and eat at the Spaghetti Warehouse after the walk.
- Day Two: Leave Tampa.
- Day Three: Key West– 5/10k walk.
- Day Four: At sea.
- Day Five: Cozumel, Mexico – possible 5k.
- Day Six: At sea.
- Day Seven: Tampa – 5/10k Tarpon Springs. Lunch at Mama's restaurant.

Contact Jose Sanchez at 1-800-764-7419, extension 82986. He is our personal Carnival representative. Give him the booking number 6PN2Q2 to link you with other PathFinders' cruisers. Jose is wonderful to work with and can help you plan and schedule all your cruising needs. For more info, or if you decide to go, contact Robert McDaniel, 864-505-5051 or email at mcdanielr99@yahoo.com.

An artistic walk in Raleigh, North Carolina

Come to Raleigh, visit the North Carolina Museum of Art, and earn credit for a 10k or 5k walk through the museum park and along the Capital Area Greenway. The park features temporary and permanent public art installations by international artists. The landscape is environmentally sustainable, replete with colorful and contemporary gardens. Walkers can step inside the Cloud Chamber, picnic on tables beside the Ellipse lawn, and take pictures of Rodin sculptures. The 10k will follow a portion of the greenway, cross a pedestrian bridge over I-440, and go to the main entrance of Meredith College, then return to the museum park.



"Gyre" by Thomas Sayer.

The walk box is located at the Whole Foods store in Ridgewood Shopping Center off Wade Avenue.

How
To!

PHOTOS

and graphic files

How
To!

When submitting photos or graphics with your article to TAW, do not embed (place) the graphics in your Word or text document. Just attach the graphic file or photo to your email, just like you do in a Word document. Captions can be included at the end of your document to describe the photo contents.

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Pacific
 Suzi Glass, Director
 pa_rd@ava.org



Walking the Lows of the Pacific Region

By Suzi Glass

The diverse landscapes of the Pacific Region give rise to some unique walking opportunities. Over the next few months you can walk in a valley, a volcanic crater and along a beach that is inundated several months of the year.

The Green Valley Gaiters have scheduled a Traditional walk in Moreno Valley, California, on April 14. It starts at Shadow Mountain Park, which was recently upgraded as part of Moreno Valley's commitment to its city parks. The route includes Sunnymead Ranch Lake — one of the largest private lakes in Riverside County — and turns around at Gateway Park. All three parks have

lates to repeatedly twisted) and other rare and endangered species. There are four major collections of plants representing the regions of Africa, the Americas, Hawaii and the island of Madagascar. Contact Marshall Okada, msOkada@yahoo.com or go to the club's website avaclubs.org/MenehuneMarchers/.

The Vaca Valley Volks have picked June 2 as the ideal time for a Traditional walk on Rodeo Beach and the Marin Headlands in Sausalito, California. Rodeo Beach is a spit of land separating Rodeo Lagoon from the Pacific Ocean. Winter storm waves push salt water over the beach



Sandy Beach and Koko crater, Oahu island, Hawaii. Photo from terragalleria.com, the photography of QT Luong.

concrete trails as well as picnic areas, open green spaces and recreational fields. For details, contact Bob Gebo at 951-924-2208.

On May 19, the Menehune Marchers of Hawaii are offering a Traditional walk through east Oahu's Sandy Beach and Koko Crater. The crater is home to a botanical garden with several climates and matching flora. Not only will walkers see the plumeria and bougainvillea of the outer crater's hit, dry climate, but also cacti, aloes, a native grove of wiliwili trees (in the Hawaiian language, the name trans-

allowing the fresh and salt water to mix and submerging the beach in the process. By late spring the beach resurfaces. One result of this annual combination of waters is the variety of birds living in the area. Add to this phenomena the trails into the Marin Headlands and the walker has an interesting day ahead! Tom Smith, smithkey1@sbcglobe.net or 707-628-9808, can explain more about the route and pre-registration.

Whether you walk valleys, craters, beaches or in other locations, enjoy!

Surf's Up!

By Stephen Dmytriw

Come and join the Vaca Valley Volks for a walk along Rodeo Beach and the coastal bluffs surrounding Rodeo Lagoon in the Marin Headlands on June 2. The walk goes up the cliffs and along the hills surrounding Rodeo Lagoon then back along the beach. The walk provides spectacular views of historic military sites and the windswept beach, covered with unique red and green pebbles, where you may see (but must not collect) jasper, carnelian, black agate and jade among the beach sands.



View along Rodeo Beach towards the cliffs.

Real quick geology lesson. The Marin Headlands are a fascinating geological formation created when oceanic sediments from the Pacific Plate were scraped off as the plate went under the North American Plate. The primary rocks you find include graywacke sandstone, radiolarian chert, serpentine, pillow basalts and shale. This beach is unique among California beaches in that it is largely made up of coarse pebbly chert grains, both red and green in color, which come from the pillow lava and chert rocks.

Rodeo Lagoon empties into the Pacific Ocean when the water level is high enough to erode through the sand bar. This high water level usually occurs in the winter months. The lagoon is typically oxygen deficit in the summer and fall. This deficit is caused by the high oxygen consumption of decaying algae that occurs during that time of year, causing a real problem for fish survival.

Two military forts once guarded these shores, Fort Barry and Fort Cronkhite. The buildings now serve as National Park Service facilities. Fort Cronkhite is a former U.S. Army post that served as part of the coastal artillery defenses of the San Francisco Bay Area during World War II. The soldiers at Cronkhite manned gun batteries, radar sites and other fortifications on the high ridges overlooking the fort. The layout of the buildings can be seen from atop the cliffs, and the walk passes by several of them. The fort was decommissioned in 1974. Fort Barry, which you pass on the way in, was part of the Coast Artillery Corps and operated throughout the 20th century, before its closure and eventual transfer to the National Park Service. The balloon hangar at Fort Barry is a surviving element of the U.S. Army's brief experimentations with using tethered balloons as part of the nation's system of coastal defenses. Constructed and abandoned the same year, the structure is the only surviving hangar of its type that actually housed an army balloon, and one of only two examples of its type known to survive in the country.

You can also stop by and visit the Marine Mammal Center, a private, non-profit organization that was established in 1975 for the purpose of rescuing, rehabilitating and releasing marine mammals who are injured, ill or abandoned. We hope you can join us on June 2 for a walk among the surfers and sunbathers along this gorgeous beach. Pre-registration required. For further info go to vacavolks.org/calendar.php.

TAW Tips!

5 KM — 10 KM
 5KM — 10KM
5k — 10k
 5 km — 10 km
 5km — 10km

For TAW purposes, we have chosen to indicate walk distances using a small "k" ... no "m" and no space between the number and the letter.

TAW TIPS!

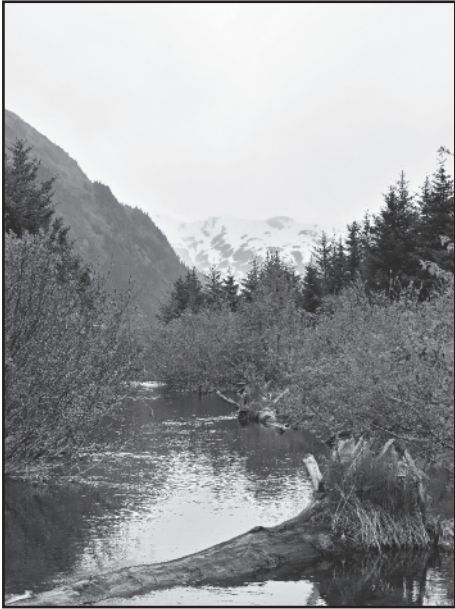
September 1, 2017
 Sept 1, 2017
 Sept. 1, 2017
September 1

When typing dates always spell out the month with a comma after the day. There is no need to put the year in unless the event is happening in a different year.

April/May 2018

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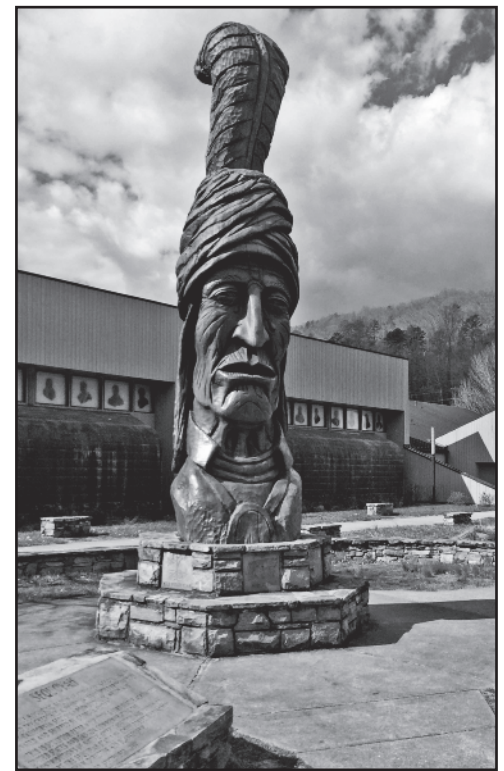
*Portage Lake Volks-
march along the Blue
Ice Trail in Alaska.*



Registration at Garden of the Gods, Colorado Springs, Colorado.



Drain painting, Springfield, Oregon.



*Statue of Sequoyah, inventor
of Cherokee alphabet outside
Museum of the Cherokee In-
dians, Qualla Boundary, in
western North Carolina.*



*Strange Donuts Shop along the Hip and
Happening event in Maplewood, Missouri.*



*Pat Gunter (left) and Rose Foerster pose for a picture next
to the interpretative sign about Polders and Basins where
they were working at the checkpoint along the 2017 Texas
Wanderers' Caminada De Fiesta Walk trail at the Mitchell
Lake Audubon Center in San Antonio, Texas. Photo by
Martin Callahan.*

CHARTERED MEMBER CLUBS

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prfife@gmail.com

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btcotx@gmail.com

UTAH

Gadabout

3897 North 1050 W Ogden, UT 84414
Myra Tams 801-782-8580
myratams@gmail.com

Golden Spike Striders

1904 W 2400 South
Syracuse, UT 84075-9269
Daniel F. Norgail 801-774-6102
dannorgail@hotmail.com

VERMONT

Twin State Volkssport Assn.

PO Box 151 South Ryegate, VT 05069
Carolyn Adams 802-757-2500
carri757@gmail.com

VIRGINIA

Bad Pennies, The

PO Box 2393 Merrifield, VA 22116
Matthew Pernick 703-620-5892
matt@thebadpennies.org

Canterbury Trails

270 Hickory Hill Lane
Glasgow, VA 24555
Nancy Stikes 540-258-2233
nstikes@mindspring.com

Cavalier Volkssporting Club

450 Whitehead Rd.
Charlottesville, VA 22904
Erica Goode 434-924-3791
cavaliervolkssporting@virginia.edu

Ft Belvoir - DFMWR

5820 - 21st Street Suite 202
Fort Belvoir, VA 22060-5928
Kristin B. Mayer 703-805-4151
kristin.b.mayer.naf@mail.mil

Gator Volksmarsch Club

PO Box 16953 Chesapeake, VA 23328
Don Bradford 757-576-0966
gvcwalker64@hotmail.com

Germanna Volkssport Association

PO Box 7674 Fredericksburg, VA 22404
Sharon Vines 540-809-6227
vines.sharon@gmail.com

Lee Lepus Volkverband

PO Box 2031 Petersburg, VA 23803
Dee Schrum 804-768-0055
dschrum4@comcast.net

Loudoun Walking & Volkssport Club

43224 Cardston Pl, Leesburg, VA 20176
Bob Wright 703-737-2175
rwright2@jhu.edu

Northern Virginia Volksmarchers

PO Box 7096 Fairfax Station, VA 22039
Helen Garamone 703-360-5692
hkgaramone@hotmail.com

Peninsula Pathfinders of Virginia

302 Queens Crescent
Williamsburg, VA 23185
Sandy Croushore 757-476-5789
szcroushore@verizon.net

U.S. Freedom Walk Festival Club

PO Box 17208 Arlington, VA 22216
Dolores Grenier 703-582-9066
usfwf@yahoo.com

Virginia Vagabonds

3 Delmont Court Hampton, VA 23666
Annette Tollett 757-814-1417
ahtollett3@gmail.com

Virginia Volkssport Assn.

12311 Ridgefield Parkway
Henrico, VA 23233
Chris Kelly 804-909-9916
ce_kelly@comcast.net

Wood and Dale Wanderers

PO Box 2422 Woodbridge, VA 22195
Tim Miner 571-212-0804
thminer@aol.com

WASHINGTON

All Weather Walkers

PO Box 241 Vancouver, WA 98666
Janet Traweek 360-833-2429
jltraweek@yahoo.com

Border Crossers

74890 Palm Creek Rd
Clatskanie, OR 97016
Sam Korff 503-728-0400
korff.sam@wildblue.net

Capitol Volkssport Club

6634 Milano Court SE
Olympia, WA 98513
Elizabeth Morrison 360-748-3886
morsun1@outlook.com

Central Washington Sun Striders

PO Box 10523 Yakima, WA 98909
Joe Blazek 509-899-6535
Joeblazek1@gmail.com

Daffodil Valley Volkssport Association

8718 159th St. E. Puyallup, WA 98375
John Warhol 253-845-6592
warhol66@comcast.net

Emerald City Wanderers

PO Box 16221 Seattle, WA 98116
Tony Holt 425-221-0105
anthony.holt@ieee.org

Evergreen State Volkssport Assn.

2815 Lincoln Pl. NE Renton, WA 98056
Sharon Moats 425-235-0528
sharon.l.moats@gmail.com

Evergreen Wanderers

PO Box 111943 Tacoma, WA 98411
Charles Repik 253-582-7474
crepik@aol.com

Four-Plus Foolhardy Folks

PO Box 424 Renton, WA 98057
Bill Campbell 253-709-8444
kayzeta@gmail.com

FS Family Wanderers

6311 20th Ave NE Seattle, WA 98115
Michelle Roberts 206-552-1775
michellero1956@gmail.com

Interlaken Trailblazers Volkssport Club

16408 NE 29th St Bellevue, WA 98008
Katie Sell 425-753-1772
aclayjar@gmail.com

International Wanderers

PO Box 871000 Vancouver, WA 98687
Dan Friesen 360-891-0670
fun@walkingadventures.com

Key Peninsula Volkssport

PO Box 164 Wauna, WA 98395-0164
Neal Van Der Voorn 253-857-3655
nealvandervoorn@yahoo.com

Lilac City Volkssport Assn.

PO Box 4362 Spokane, WA 99202
Allan G. Heritage 509-465-2690
agheritage@hotmail.com

NW Tulip Trekkers

PO Box 1603 Mount Vernon, WA 98273
Tim Fisher 425-626-0492
gotdisc7@gmail.com

Olympic Peninsula Explorers

PO Box 1706 Sequim, WA 98382
George Christensen 360-697-2172
28edward@embarqmail.com

Over-The-Hill-Gang Volkssport Club

32506 Meridian E Graham, WA
98338 Diane Wagner 253-875-3064
dianeswagner@comcast.net

Sea-Tac Volkssports Club

PO Box 25101 Federal Way, WA 98093
Frances Carson 206-788-7969
fran55carson@gmail.com

Sound Steppers Volkssport Club

PO Box 3405 Lynnwood, WA 98046
Sandi Severtsen 206-406-1762
sandisevertsen@gmail.com

The Pathfinder Volkssport Club of the NW

6611 22 St. Ct NE Tacoma, WA 98422
Elisabeth Wittenberg 253-924-1563
ewittenberg@wamail.net

Third Planet Volkstours

35806 1st Ave. S Federal Way, WA 98003
Dorman Batson 253-517-9634
dlbatsonfedwy@comcast.net

Vancouver USA Volkssporters

PO Box 2121 Vancouver, WA 98668
Tom Baltes 505-298-1256
TLBaltes@aol.com

Volkssport USA

591 Birch St, Oak Harbor, WA 98277
Curtis D. Myron 360-679-3638
worldwalker8477@gmail.com

WISCONSIN

Madison Area Volkssport Assn.

4306 Fox Bluff Ct Middleton, WI 53562
Don Suloff 608-821-0263
suloff@tds.net

Menominee River Volkssport Club

1249 Garfield St, Niagara, WI 54151
Gilbert Engel 715-251-3300
gilengel@hotmail.com

WYOMING

Buffalo Pathfinders

1197 N. Burritt Ave. Buffalo, WY 82834
Lois A. Petersen 307-684-9160
lois.petersen@gmail.com

walk

as if you are kissing
the earth with your
feet.

~ Thich Nhat Hanh

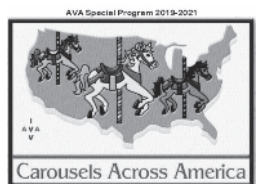
AVA Special Program — Treasure Hunt

Runs January 1, 2016 to December 31, 2018. Seek 15 Volksmarching treasure hunt events! This is designed to enable participants to appreciate the riches and gems that exist – hidden or magically made real – at the most magnificent places that have been named in honor of the distinctive minerals that we value or covet. What qualifies? 1) Remarkable minerals that have the potential to be turned into items of lasting beauty or something functionally beneficial. 2) Places named with slang allusions used to refer to precious metals such as diamonds. 3) Places with names or features related to the unearthing of the precious treasures of minerals and gems, medicinal elements or building materials. (No street names, please.) For a list of qualifying YREs and Seasonals, see <http://centralmnvolkssports.wix.com/cmV>. Patch: 3-1/2"x4". Send request to Central Minnesota Volkssports (CMV), Lois Head, Special Program Coordinator, PO Box 2162, St. Cloud, MN 56302-2162; LMHead@StCloudState.edu or 320-252-7348.



AVA Special Program – Carousels Across America

Runs January 1, 2019 to December 31, 2021. Honors a much-loved form of entertainment in the United States. The National Carousel Association boasts over 400 Carousels in the U.S. and Canada: 38 on the National Register of Historic Places and 19 National Historic Landmarks. Each state has at least one. Any sanctioned YRE or Traditional event passing a carousel in the U.S. qualifies. Entries per event are unlimited, but a start card must be completed/carried for each. This program is not retroactive. Books sales will begin in 2018; however, entries cannot begin until January 1, 2019. Embroidered, multi-colored 4"x2 3/4" patch depicts three colorful carousel horses of varying sizes. One patch will be awarded each participant completing 15 events. For info and cost contact Albany Fitwalkers Volkssporting Club, PO Box 1218, Albany, OR 97321. Be sure your return address is included. Contact: Don Reed 541-926-8327 or donreed1946@yahoo.com.



AVA SANCTIONED EVENTS CALENDAR

A number ahead of the code indicates the number of events.

For further info or brochure, please contact the event POC.

Event codes are: W = Walk; GW = Guided Walk; NW = Night Walk; GNW = Guided Night Walk; TGW = Traaveling Guided Walk; S = Swim; B = Bike; GB = Guided Bike; SB = Seasonal Bike; XC = Cross Country Ski; SS = Snowshoe; RSB = Roller Skate/Blade; GLW= Global Walk; NECW= Nat'l Executive Council Walk; RLD = Round Long Distance; .M = Marathon;

A box around a listing indicates a multiple event weekend.

ALASKA

- 6/9/18 W Portage Stevan Cady 907-301-0122
Anchorage Volkssport Club alaskaneagles@gci.net
- 8/1/18 W Skagway Nancy Wittenberg 253-208-1331
AVA Vice-President newwittenberg@gmail.com

CALIFORNIA

- 4/7/18 W Lake Elsinore Jean Vik 951-317-7860
Low Desert Roadrunners walkervik@aol.com
- 4/14/18 W San Francisco Lui Yakas 415-385-4481
Bay Bandits Volksmarch Club sfbaybandits@aol.com
- 4/14/18 W Moreno Valley Bob Gebo 951-924-2208
Green Valley Gaiters, Inc. robertgebo@aol.com
- 4/21/18 W Dixon JoAnn Pelz 530-304-6834
Davis Dynamos djpelz@gmail.com
- 5/4-6/18 3-W Lodi Dianne Driever 209-887-2807
Delta Tule Trekkers dddriever@verizon.net
- 5/12/18 W Fullerton Jean Vik 951-317-7860
Low Desert Roadrunners walkervik@aol.com
- 5/12/18 W Rancho Cordova Barbara Nuss 916-283-4650
Sacramento Walking Sticks nussb@surewest.net
- 5/19/18 W Petaluma Don Deal 707-762-4148
Sonoma County Stompers dandsdeal@yahoo.com
- 6/2/18 W Sausalito Tom Smith 707-628-9808
Vaca Valley Volks smithkey1@sbcglobal.net
- 6/9/18 W Wrightwood Jean Vik 951-317-7860
Low Desert Roadrunners walkervik@aol.com
- 9/11/18 W Colma Priscilla Fife 916-616-6003
Bay Bandits Volksmarch Club prfife@gmail.com
- 9/10-16/18 W Aptos Chris Zegelin 408-259-5157
- 9/14-16/18 3-W Pacific Grove South Bay Striders
chris@zegelin.com

COLORADO

- 4/21/18 W Colorado Springs Carol Kinate 719-648-9015
Falcon Wanderers kinatec@aol.com
- 5/5/18 W US Air Force Academy Steve Sandridge 719-351-8048
Falcon Wanderers bbqrater@gmail.com
- 5/19/18 W Aurora Katherine Svoboda 303-680-7118
Rocky Mountain Wanderers ksvoboda11@comcast.net
- 7/14/18 W Denver Katherine Svoboda 303-680-7118
Rocky Mountain Wanderers ksvoboda11@comcast.net
- 9/1/18 W Victor Lynette Reagan 719-201-7554
Colorado Springs Walking Club Lynwalks@hotmail.com

DELAWARE

- 4/21/18 W Dover Jim McDonald 410-596-3853
First State Webfooters mcdon20708@gmail.com

DISTRICT of COLUMBIA

- 5/5/18 W Washington Dolores Grenier 703-209-0174
U.S. Freedom Walk Festival Club info@USFreedomWalk.org

FLORIDA

- 4/21/18 W Winter Park Michael Lanpher 407-695-9181
Mid-Florida Milers Walking Club mlanpher@cfl.rr.com
- 4/21/18 W Jacksonville Kristin Raasch 904-563-6953
First Coast Trail Forgers Walking Club kraasch1725@gmail.com
- 5/26/18 W Oviedo Michael Lanpher 407-695-9181
Mid-Florida Milers Walking Club mlanpher@cfl.rr.com
- 6/16/18 W Altamonte Springs Michael Lanpher 407-695-9181
Mid-Florida Milers Walking Club mlanpher@cfl.rr.com
- 7/21/18 GB Oviedo Michael Lanpher 407-695-9181
Mid-Florida Milers Walking Club mlanpher@cfl.rr.com

HAWAII

- 5/19/18 W Honolulu Marshal Okada 808-395-9724
Menehune Marchers msOkada@yahoo.com
- 7/4/18 W Kaneohe Carol Romig 808-626-3575
Menehune Marchers dcromig@hotmail.com

ILLINOIS

- 4/14/18 GW Urbana Kimberly Bradley 217-778-1718
Ridgewalkers Walking Club KimiBradley@comcast.net
- 4/21/18 W Wheaton Dana Jennings 630-853-4119
Windy City Walkers djenz@aol.com
- 4/21/18 W Belleville Sue Botula 618-236-9521
Illinois Trekkers Volkssport Club packysuba@juno.com
- 5/5/18 W Downers Grove Irena Paronis 630-985-5311
Windy City Walkers irenamp@att.net
- 6/16/18 W Waterloo Carol Resnicek 618-960-3258
Gateway Milers NFP crez@att.net
- 6/30/18 W Alton Dee Wojtysiak 618-530-3211
Illinois Trekkers Volkssport Club lpw466@gmail.com
- 8/25/18 W Ottawa Bonnie Carlson 815-942-0357
Windy City Walkers gbcarlson@comcast.net
- 9/8/18 W Genoa Carolyn Tobinson 815-761-4660
Kishwaukee Valley Wanderers kvwanderers@gmail.com

INDIANA

- 4/7/18 W Madison Cliff Terry 317-776-1848
Indiana Volkssport Assn. cliffterry@sbcglobal.net
- 4/14/18 W Nashville Linda Woods 812-336-1673
Bloomington Flying Fish Volkssports lawoods4330@gmail.com
- 4/21/18 W Brownstown Teena Ligman 812-278-0139
Bedford Hiking Club tdligman@att.net
- 5/5/18 TGW Westfield Cliff Terry 317-776-1848
Indy 'G' Walkers cliffterry@sbcglobal.net
- 5/12/18 W Metamora Dennis Fritz 812-584-2687
Whitewater Valley Walkers ddfriz@aol.com
- 5/26/18 W Old Tipp Town Bob Buzolich 574-339-9140
Hoosier Hikers sonofbuzz@prodigy.net
- 6/2/18 W Bluffton Cliff Terry 317-776-1848
Indiana Volkssport Assn. cliffterry@sbcglobal.net
- 6/16/18 TGW Cicero Cliff Terry 317-776-1848
Indy 'G' Walkers cliffterry@sbcglobal.net
- 7/14/18 TGW Carmel Jim Blessing 317-848-7278
Indy 'G' Walkers jasbless@gmail.com
- 8/4/18 W North Liberty Bob Buzolich 574-339-9140
- 8/4/18 B Hoosier Hikers sonofbuzz@prodigy.net
- 8/11/18 W Birdseye Cliff Terry 317-776-1848
Indiana Volkssport Assn. cliffterry@sbcglobal.net
- 8/18/18 W Marshall Tom Martin 317-787-9776
Goodtime Trailblazers fritzmartin@mw.net
- 9/29/18 W Indianapolis Cliff Terry 317-776-1848
Indiana Volkssport Assn. cliffterry@sbcglobal.net

IOWA

- 5/5/18 GB Bondurant Diana Whited 515-783-5251
Greater Des Moines Volkssport Assn. diwhited1969@gmail.com
- 5/19/18 W Dallas Center Diana Whited 515-783-5251
Greater Des Moines Volkssport Assn. diwhited1969@gmail.com
- 6/30/18 GB Redfield Diana Whited 515-783-5251
Greater Des Moines Volkssport Assn. diwhited1969@gmail.com
- 9/8/18 W Des Moines Diana Ronk 515-491-8903
Greater Des Moines Volkssport Assn. Ronkdr@mchsi.com
- 9/22-23/18 W Des Moines Phyllis Olson 515-270-6920
Greater Des Moines Volkssport Assn. paolson@mchsi.com
- 9/23/18 GB Des Moines Diana Whited 515-783-5251
Greater Des Moines Volkssport Assn. diwhited1969@gmail.com

KANSAS

- 4/21/18 3-NS Independence Terri Tyler 785-233-4385
- 4/22/18 W Sunflower Sod Stompers tlyler50@gmail.com

MARYLAND

- 4/7/18 W Westminster Ward Parr 301-337-5764
Seneca Valley Sugarloafers parrw@comcast.net
- 4/14/18 W Ellicott City John Dye 410-290-6510
Columbia Volksmarch Club johndye@comcast.net
- 4/28/18 W Laurel Yvonne Pennington 571-217-9851
Great Greenbelt Volksmarchers, Inc. greenbeltmva@gmail.com
- 4/29/18 W Beltsville Rita Goerling 301-776-6484
Freestate Happy Wanderers laurelvolskyre@gmail.com
- 5/16/18 NW Greenbelt Yvonne Pennington 571-217-9851
Great Greenbelt Volksmarchers, Inc. greenbeltmva@gmail.com

Events continued on page 30

Events *continued from page 29*

5/19/18	W	College Park Great Greenbelt Volksmarchers, Inc.	Yvonne Pennington 571-217-9851 greenbeltmva@gmail.com
6/2/18	W	Columbia Columbia Volksmarch Club	John Dye 410-290-6510 johndye@comcast.net
6/9/18	W	Odenton Annapolis Amblers	Deb Peak 240-374-9560 dlpeak@comcast.net
6/20/18	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Pennington 571-217-9851 greenbeltmva@gmail.com
7/14/18	W	Columbia Columbia Volksmarch Club	John Dye 410-290-6510 johndye@comcast.net
7/18/18	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Pennington 571-217-9851 greenbeltmva@gmail.com
8/15/18	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Pennington 571-217-9851 greenbeltmva@gmail.com
9/8/18	W	Bladensburg Great Greenbelt Volksmarchers, Inc.	Yvonne Pennington 571-217-9851 greenbeltmva@gmail.com
9/29/18	W	Frederick Seneca Valley Sugarloafers	Jone Parr 301-385-0054 jone.p@comcast.net

MASSACHUSETTS

4/7/18	W	Holliston Walk 'N Mass Volkssport Club	Beate Hait 508-429-3564 beateh1@aol.com
5/12/18	W	Springfield Walk 'N Mass Volkssport Club	Jan Varnon 413-244-4128 jcvarnon@yahoo.com
5/19/18	W	Stockbridge Empire State Capital Volkssporters	Sue Grey 518-399-0159 susanbg2@yahoo.com

MICHIGAN

6/29/18	W	Traverse City Michigan Pathfinders	Sandy Crabill 260-409-1659 tjcrabill@comcast.net
7/1/18	W	Grand Haven Michigan Pathfinders	Tom Crabill 260-409-1659 tjcrabill@comcast.net
9/3/18	W	Mackinaw City Michigan Pathfinders	Tom Crabill 260-409-1659 tjcrabill@comcast.net

MINNESOTA

4/28/18	W	Mound Twin Cities Volkssport	Lee Moisant 612-861-3053 l.moisant@comcast.net
5/5/18	W	Waterville NorthStar Trail Travelers	Wally Swanson 507-362-8760 info@nstt.org
5/12/18	W	White Bear Lake Twin Cities Volkssport	Eugene Schutte 651-429-6938 ehschu@msn.com
5/19/18	W	Minneapolis Lake Country Wanderers	Bonnie Johnson 763-229-3584 bonjohn@comcast.net
6/23/18	W	St Paul Twin Cities Volkssport	Lynne Grigor 763-780-4567 lynnedesignflow@gmail.com
7/14/18	W	St. Cloud Central Minnesota Volkssports	Chuck Head 320-252-7348 LMHead@StCloudState.edu
7/21/18	W	Elba -Whitewater State Park	Donna Seline 612-529-0552
7/22/18	W	NorthStar Trail Travelers	info@nstt.org
8/4/18	W	St Paul Twin Cities Volkssport	Ken Johnson 651-774-9607 johnsonck@centurylink.net
9/22/18	W	Pelican Rapids	Peter Cartwright 952-854-4911
9/23/18	W	Maplewood State Park	NorthStar Trail Travelers info@nstt.org

MISSOURI

4/14/18	W	Sikeston St Louis-Stuttgart Volksmarch Club	De Anne Brown 314-401-1715 deeebee333@gmail.com
4/14/18	W	Cape Girardeau Gateway Milers NFP	Rosalie Maul 618-580-1945 rosalie.maul@gmail.com
4/14-15/18	S	Cape Girardeau Gateway Milers NFP	Deb Kruep 618-520-7476 debmark1@yahoo.com
4/15/18	W	Cape Girardeau Rolla Roadrunners Volkssport Club	Kari Craun 573-465-2955 jkraun@gmail.com
4/21/18	W	Neosho Dogwood Trailblazers	Carolyn Wolfe 417-658-6443 caroljwolfe@joplin.com
5/19/18	W	Maplewood Gateway Milers NFP	Tom Stucky 636-208-3425 clstucky8890@gmail.com

NEBRASKA

4/7/18	W	Gretna Nebraska Wanderfreunde Trailblazers	Jeanne Miller 402-981-0463 jeanneno@gmail.com
5/12/18	W	Omaha Nebraska Wanderfreunde Trailblazers	Lee Frantz 402-213-6274 gfrantz@cox.net
9/15/18	W	Malvern Nebraska Wanderfreunde Trailblazers	Bryan Taylor 719-338-8717 nwft2018president@yahoo.com

NEVADA

4/7/18	W	Las Vegas Las Vegas High Rollers & Strollers	Al Korejwo 702-492-1815 lvhrs1985@yahoo.com
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NEW JERSEY

4/29/18	W	Princeton Princeton Area Walkers	Diane Glace 609-658-7724 glace@rutgersprep.org
5/12/18	W	Bordentown Princeton Area Walkers	Susan Molloy 609-298-6139 semolloy@verizon.net
9/16/18	W	Princeton Princeton Area Walkers	Diane Glace 609-658-7724 glace@rutgersprep.org

NEW MEXICO

5/30-6/3/18	W	Ruidoso	Derrill Rothermich 915-217-7477
6/1/18	W	Cloudcroft	Sun Country Striders
6/2/18	W	Ruidoso	derrillrothermich@hotmail.com
6/3/18	W	Ft Stanton	

NEW YORK

4/21/18	W	Schenectady Empire State Capital Volkssporters	Carol Puglisi 518-399-9298 carolpuglisi@me.com
5/2/18	GW	Saratoga Springs Empire State Capital Volkssporters	Linda Morzillo 518-584-7762 MorzilloLinda@gmail.com
5/16/18	GW	Albany Empire State Capital Volkssporters	Deb D'Archangelis 518-423-9248 dmdarcang@gmail.com
5/23/18	GW	Milton Empire State Capital Volkssporters	Vera Weiss 518-399-1798 vweiss@nycap.rr.com
5/30/18	GW	Ballston Lake Empire State Capital Volkssporters	Louise Remillard 518-496-1879 lremillard@nycap.rr.com
6/6/18	GW	Slingerlands Empire State Capital Volkssporters	Alan Longshore 518-765-7244 alanlongshore@gmail.com
6/9/18	W	Menands Empire State Capital Volkssporters	Marion Averill 518-463-6987 walkingaverills@aol.com
6/13/18	GW	Malta Empire State Capital Volkssporters	Sue Grey 518-399-0159 susanbg2@yahoo.com
6/20/18	GW	Niskayuna Empire State Capital Volkssporters	Beth Snyder 518-505-3525 BethSnyder47@gmail.com
6/27/18	GW	Schenectady Empire State Capital Volkssporters	Bernie Geren 518-399-8400 bgeren@nycap.rr.com
7/4/18	GW	Greenwich Empire State Capital Volkssporters	LaVerne Stiles 518-223-3750 lavernestiles@msn.com
7/11/18	GW	Waterford Empire State Capital Volkssporters	Mary Sorell 518-272-2298 xcmama3@aol.com
7/18/18	GW	Ballston Spa Empire State Capital Volkssporters	Carol Sorensen 518-223-0882 CarolHD27@aol.com
7/25/18	GW	Amsterdam Empire State Capital Volkssporters	Barbara Bilins 518-207-2541 travlinbarb@hotmail.com
8/1/18	GW	Saratoga Springs Empire State Capital Volkssporters	Barbara Kolapacka 518-583-9038 bkola67@gmail.com
8/8/18	GW	Round Lake Empire State Capital Volkssporters	Chris Yost 518-377-3079 cyost@nycap.rr.com
8/15/18	GW	Malta Empire State Capital Volkssporters	Vera Weiss 518-399-1798 vweiss@nycap.rr.com
8/22/18	GW	Schenectady Empire State Capital Volkssporters	Suzann Burke 518-399-4822 svburke@nycap.rr.com
8/29/18	GW	Voorheesville Empire State Capital Volkssporters	Winnie Balz 518-372-3663 winnieeb@yahoo.com
9/22/18	W	Altamont Empire State Capital Volkssporters	Wayne Mack 518-469-7298 waynecknapp@gmail.com

NORTH CAROLINA

5/5-6/18	W	Cullowhee	Judy Michele 828-628-4343
5/5-6/18	W	Qualla Boundary	Asheville Amblers
5/5-6/18	W	Highlands	jumianc@aol.com

OHIO

4/22/18	W	Dayton Ohio Volkssport Assn.	Shane Conley 937-416-8059 conleyshane1@gmail.com
4/28/18	W	Cincinnati Germania Volksmarch Gruppe	Patty Galvin 513-825-1355 germaniavolksmarch@gmail.com
5/5/18	W	Bowling Green Maumee Valley Volkssporters	Craig Gauger 419-350-4345 gcgauger@hotmail.com
5/5/18	W	Springfield Tecumseh Trailblazers	Connie Bost 937-399-9204 beacon811@yahoo.com
5/12/18	W	Kent Valley Vagabonds, Inc.	D Simon 440-915-0161 deval17@aol.com
5/26/18	W	Xenia Xenia Walking Club	Linda Blanton 937-372-1302 xeniawalkingclub@roadrunner.com
5/28/18	W	Union City Ohio Wander Freunde	Dawn Gruber 937-879-0500 dgruber333@aol.com
6/2/18	W	Findlay Ohio Volkssport Assn.	Shane Conley 937-416-8059 conleyshane1@gmail.com
6/9/18	W	West Milton Ohio Wander Freunde	Dawn Gruber 937-879-0500 dgruber333@aol.com
6/16/18	W	Wellington Valley Vagabonds, Inc.	D Simon 440-915-0161 deval17@aol.com

Events continued on page 31

Events *continued from page 30*

6/16/18	W	Spencer	Nancy Burkholder	330-262-1202
		Gemulich Wanderers	nbhike2486@yahoo.com	
7/7/18	W	Greenfield	Linda Blanton	937-372-1302
		Xenia Walking Club	xeniawalkingclub@roadrunner.com	
7/14/18	W	Coshocton	Barbara Jurjans	614-530-1557
		Heart of Ohio Hikers	bjurjans@gmail.com	
7/21/18	W	Kettering	Jim Medzviega	937-435-0469
		Wandering Wheels Volkssports Club	jmedz@aol.com	
7/28/18	W	Xenia	Linda	937-372-1302
		Xenia Walking Club	blanton1940@roadrunner.com	
8/4/18	W	Cleveland	D Simon	440-915-0161
		Valley Vagabonds, Inc.	deval17@aol.com	
8/18/18	W	Fairborn	Dawn Gruber	937-879-0500
		Ohio Wander Freunde	dgruber333@aol.com	
8/25/18	W	Oregon	Craig Gauger	419-350-4345
		Maumee Valley Volkssporters	gcgauger@hotmail.com	
8/25/18	W	New Concord	Barbara Jurjans	614-530-1557
		Heart of Ohio Hikers	bjurjans@gmail.com	
9/8/18	W	Chillicothe	Linda Blanton	937-372-1302
		Xenia Walking Club	xeniawalkingclub@roadrunner.com	
9/15/18	W	Yellow Springs	Dawn Gruber	937-879-0500
		Ohio Wander Freunde	dgruber333@aol.com	
9/22/18	W	Wooster	Nancy Burkholder	330-262-1202
		Gemulich Wanderers	nbhike2486@yahoo.com	

OKLAHOMA

4/20-22/18	3-S	Miami	Ken Miles	918-745-0212
		World Wide Walkers	mileskg@sbcglobal.net	
4/21/18	W	Miami	Rhonda Shockey	918-298-3000
		Tulsa Walking Club	rjm0123@aol.com	
5/5/18	W	Grandfield	Roland Ouellette	214-649-4150
		Lawton Walkers	rlo@rioedmgroupp.com	
5/12/18	W	Oklahoma City	Anne Grenier	405-830-6274
		Wandergruppe Walking Club	libgrenier@gmail.com	
5/19/18	W	Blackwell	Linda Woodard	918-260-4366
		Tulsa Walking Club	lw35818@gmail.com	
6/2/18	W	Lawton	Roland Ouellette	214-649-4150
		Lawton Walkers	rlo@rioedmgroupp.com	
6/16/18	W	Tulsa	C Childress	918-857-4682
		Tulsa Walking Club	catsfordogs@hotmail.com	
9/15/18	W	Broken Arrow	Ralph Axsom	918-740-0000
		Tulsa Walking Club	ralphax1@cox.net	

OREGON

4/4/18	GW	Oregon City	Dick Baker	360-991-8806
		Rose City Roamers	dickbkr@q.com	
4/7/18	W	Sandy	Louise Dix	541-951-0667
		East County Windwalkers	louisedix@yahoo.com	
4/14/18	W	Springfield	Sally Ross	541-726-7169
		Eugene Springfield Mossback Volkssport	mossbackclub@gmail.com	
5/5/18	W	Madras	Annette St-Pierre	503-780-4568
		Columbia River Volkssport Club	walking_the_world@yahoo.com	
5/6/18	W	Terrebonne	Annette St-Pierre	503-780-4568
		Columbia River Volkssport Club	walking_the_world@yahoo.com	
5/12/18	W	Portland	John	503-936-0940
		Columbia River Volkssport Club	jfiebl@aol.com	
5/19/18	W	Keizer	Susan Hoskins	503-364-3475
		Willamette Wanderers	2susanhoskins@comcast.net	
5/28/18	W	Portland	Dar Parrow	503-484-6475
		Oregon Trail State Volkssport Assn.	dar.parrow@gmail.com	
6/2/18	W	Brooks OR	Don Reed	541-926-8327
		Albany Fitwalkers	donreed1946@yahoo.com	
6/9/18	W	Portland	Dick Baker	360-991-8806
		Rose City Roamers	dickbkr@q.com	
6/16/18	W	Portland	Carolyn	503-649-7675
		Columbia River Volkssport Club	dick.koonce@gmail.com	
6/23/18	W	Albany	don reed	541-926-8327
		Albany Fitwalkers	donreed1946@yahoo.com	
6/30/18	W	Gleneden Beach	Maryann Brown	541-961-4279
		Yachats Coastal Gems Volkssport	yachatscoastalgems@gmail.com	
7/21/18	W	Astoria	Sam Korff	503-728-0400
		Turnaround Trekkers	korff.sam@wildblue.net	
8/11/18	W	Portland	Ed Hainline	360-921-1909
		Columbia River Volkssport Club	edhainline@comcast.net	
8/25/18	W	Canby	Diane	503-266-5308
		Columbia River Volkssport Club	dick.koonce@gmail.com	
9/8-9/18	W	Canby	BL Cline	503-329-5386
		Valley Volkswalkers	valleyvolkswalkers@yahoo.com	
9/16/18	W	Mt. Angel	Don Reed	541-926-8327
		Silverton Walk Abouts	donreed1946@yahoo.com	
9/22/18	W	Salem	Julia Westerberg	541-967-3001
		Willamette Wanderers	pjwesterberg@comcast.net	

PENNSYLVANIA

4/14/18	GW	Huntingdon Valley	Dave Brown	610-906-6252
		Liberty Bell Wanderers	ocmdbreeze@aol.com	

4/21/18	W	Belle Vernon	Lori Lamberski	724-858-5965
		Mon Valley Trailblazers	monvalleytrailblazers@gmail.com	
4/21/18	GB	Shippensburg	Tom Jackson	717-677-6511
		York White Rose Wanderers	thomasjackson@embarqmail.com	
5/4-6/18	W	Marietta	Sharon Miller	717-805-9540
5/4-6/18	B	Columbia	Susquehanna Rovers	Volksmarch Club
		millersd@ptd.net		
5/4-6/18	W	Columbia	Maria Roshon	717-330-8751
		Penn-Dutch Pacers Volksmarch Club	Losgann10@comcast.net	
5/4-6/18	W	Wrightsville	Pam Copenhaver	717-817-9724
		York White Rose Wanderers	indigo1704@aol.com	
5/20/18	W	Malvern	Jeanne Clancy	484-432-8541
		Chester County Red Rovers	clancygirl1@verizon.net	
6/9/18	W	Ohiopyle	Lori Lamberski	724-858-5965
		Mon Valley Trailblazers	monvalleytrailblazers@gmail.com	
6/16/18	W	Duncannon	Marcy Lucas	717-979-3960
		Susquehanna Rovers Volksmarch Club	lucas_mj@hotmail.com	
8/4-5/18	W	Dillsburg	Brenda Weirich	717-266-5400
		York White Rose Wanderers	nbweirich@verizon.net	
9/8/18	W	Finleyville	Lori Lamberski	724-858-5965
		Mon Valley Trailblazers	monvalleytrailblazers@gmail.com	

SOUTH DAKOTA

5/19/18	W	Rapid City	Doug Kapaun	605-721-7191
		Black Hills Volkssport Assn.	ddkapaun@outlook.com	
5/19/18	W	Bruce	Larry Gerjets	605-651-0316
		Prairie Wanderers Volkssport Club	jlgerjets@swifetel.net	
6/2-3/18	W	Crazy Horse	Diane Johannesen	307-290-0746
		Black Hills Volkssport Assn.	dianejohannesen@hotmail.com	
6/9/18	W	Lead	Jeff Hendricks	605-593-3504
		Black Hills Volkssport Assn.	wallace02j@yahoo.com	
7/8/18	W	Silver Ciry	Elizabeth Martin	605-484-1119
		Black Hills Volkssport Assn.	marchgirls5@outlook.com	
7/28/18	W	Custer	Reta Thovson	605-574-3278
		Black Hills Volkssport Assn.	retabhva@gwtc.net	
9/1/18	W	Custer	Duane Neugebauer	303-489-9313
		Black Hills Volkssport Assn.	donman1948@gmail.com	
9/14-16/18	W	Clark	Gary Lofswold	757-508-2537
9/14-16/18	W	Estelline	Prairie Wanderers	Volkssport
9/14-16/18	W	Flandreau	GEL_601@hotmail.com	
9/14-16/18	W	Webster		
9/14-16/18	W	Corona		
9/14-16/18	W	De Smet		
9/29/18	W	Hill City	Reta Thovson	605-574-3278
		Black Hills Volkssport Assn.	retabhva@gwtc.net	
9/30/18	W	Crazy Horse	Diane Johannesen	307-290-0746
		Black Hills Volkssport Assn.	dianejohannesen@hoymail.com	

TEXAS

4/7/18	W	Castroville	Mike Schwencke	210-679-7609
		Selma Pathfinders	mike.schwencke@outlook.com	
4/14/18	W	Cedar Park	Doug Eide	512-591-1320
		Colorado River Walkers	doug.eide@yahoo.com	
4/14/18	W	Karnack	Helen Hull	972-530-1026
		East Texas Trekkers, Inc.	Helenthehun@yahoo.com	
4/21/18	W	San Antonio	Gerald Kamicka	210-658-2160
		Texas Wanderers	GeraldK726@aol.com	
4/21/18	W	Montgomery	Catherine Kellner	979-478-6203
		Houston Happy Hikers	hhhpresident@houstonhappyhikers.com	
4/28-29/18	W	New Braunfels	Jill Troyer	830-237-6230
		NB-Marsch-und Wandergruppe	jtroyer121@gmail.com	
4/28/18	W	Dallas	Dianne Duke	214-368-9730
		Dallas Trekkers, Inc.	d.w.duke@live.com	
5/12/18	W	Blanco	Jim Tree	210-719-7202
		Selma Pathfinders	contree@hotmail.com	
5/19/18	W	Comfort	John Bohnert	830-995-2421
		Hill Country Volkssportverein	tinabohnert@gmail.com	

VIRGINIA

4/7/18	W	Newport News	Annette Tollett	757-814-1417
		Virginia Vagabonds	ahtollett3@gmail.com	
4/14/18	W	Quinton	Gin Armacost	703-244-3515
		Lee Lepus Volksverband	armacostg@cox.net	
4/15/18	W	Charlottesville	Erica Goode	434-924-7762
		Cavalier Volkssporting Club	esg3z@virginia.edu	
4/21/18	W	Hampton	William Lowell	757-357-5355
		Peninsula Pathfinders of Virginia	wlowell@mindspring.com	
4/28/18	W	Alexandria	Helen Garamone	703-360-5692
		Northern Virginia Volksmarchers	hkgaramone@hotmail.com	
4/28/18	W	Fredericksburg	Sharon Vines	540-809-6227
		Germana Volkssport Association	gvasurveyors@gmail.com	
5/5-6/18	W	Onancock	Don Bradford	757-576-0966
5/5-6/18	W	Exmore	Gator Volksmarsch Club	
		dbradford23@cox.net		
5/12/18	W	Natural Bridge, VA	Nancy Stikes	540-258-2233
		Canterbury Trails	nstikes@mindspring.com	

Events continued on page 32

Events *continued from page 31*

5/26/18	W	King & Queen County	Sandy Croushore 757-532-3468
5/27/18	W	King William County	Virginia Volkssport Assn.
5/28/18	W	Caroline County	szcroushore@verizon.net
6/2/18	W	Sterling	Bob Wright 703-737-2175
		Loudoun Walking & Volkssport Club	rcwright_va@comcast.net
9/27/18	GB	Damascus	Tom Jackson 717-677-6511
9/28/18	GB	Max Meadows	York White Rose Wanderers
		Thich NhatHanhthomasjackson@embarqmail.com	

WASHINGTON

4/14/18	W	Woodinville	Katie Sell 425-753-1772
		Interlaken Trailblazers Volkssport Club	aclayjar@gmail.com
4/20-22/18	3-W	Othello	Cheri Overman 253-709-7835
		Four-Plus Foolhardy Folks	cgeosite@gmail.com
4/28/18	W	Battle Ground	Tom Baltes 505-298-1256
		Vancouver USA Volkssporters	tlbaltes@aol.com
4/29/18	GW	Dallas Mountain Ranch	Ed Hainline 360-921-1909
		Columbia River Volkssport Club	edhainline@comcast.net
5/6/18	W	Spokane/Bloomsday	Allan Heritage 509-465-2690
		Lilac City Volkssport Assn.	agheritage@hotmail.com
5/12/18	W	Enumclaw	John Warhol 253-845-6592
		Daffodil Valley Volkssport Association	warhol66@comcast.net
5/19/18	W	JBLM	Fran Carson 206--78-8-79
		Sea-Tac Volkssports Club	fran55carson@gmail.com
6/9/18	W	Shoreline	Neil Smith 206-214-5274
		Sound Steppers Volkssport Club	neil.smith@comcast.net
7/4/18	GW	Seattle	Mike Nagan 206-851-2101
		Emerald City Wanderers	m.nagan@comcast.net
7/4/18	W	Vancouver	Burt Paynter 360-798-8485
		Vancouver USA Volkssporters	walkeriii@comcast.net
7/7/18	W	Key Peninsula	Neal Van Der Voorn 253-857-3655
		Key Peninsula Volkssport	nealvandervoorn@yahoo.com
7/12-16/18	W	Chimacum	Janet Lenfant 360-461-9028
		Olympic Peninsula Explorers	richardandjanet@olypen.com
7/13-15/18	4-W	Port Angeles	Sharon Moats 425-235-0528
7/13-15/18	S	Port Angeles	Evergreen State Volkssport Assn.
		atthepond2@comcast.net	
7/21-22/18	2-W	Newhalem	Vik Petzal 360-779-7170
		Four-Plus Foolhardy Folks	petzal2004@yahoo.com
7/28/18	W	Longview	Sam Korff 503-728-0400
		Border Crossers	korff.sam@wildblue.net
8/11/18	W	Tacoma	Nancy Wittenberg 253-208-1331
		Daffodil Valley Volkssport Association	newittenberg@gmail.com
8/18/18	GW	Issaquah	Sharon Moats 425-235-0528
		Interlaken Trailblazers Volkssport Club	s.moats@comcast.net

8/18/18	W	Washougal	Joe Titone 360-448-3951
		All Weather Walkers	titone@usc.edu
8/19/18	W	DuPont	Diane Wagner 253-875-3064
		Over-The-Hill-Gang Volkssport Club	dianeswagner@comcast.net
8/25/18	GW	Montesano	Mert Turner 360-533-4352
		Capitol Volkssport Club	mert0722@msn.com
9/1/18	W	Seattle	David Madsen 206-789-1960
		Emerald City Wanderers	dmadsen@seattleu.edu
9/7-9/18	4-W	Coupeville	Sue Payton 360-914-4268
		NW Tulip Trekkers	nwtuliptrekkers@gmail.com
9/15/18	W	Washougal	Heidi Schurr 360-573-8999
		Vancouver USA Volkssporters	hschurr@hotmail.com
9/22/18	W	Olympia	Liz Morrison 360-748-3886
		Capitol Volkssport Club	morsun1@outlook.com
9/22/18	W	Cle Elum	Joe Blazek 509-899-6535
		Central Washington Sun Striders	joelblazek1@gmail.com
9/29/18	GW	Seattle	Michelle Roberts 206-552-1775
		FS Family Wanderers	michellero1956@gmail.com

WEST VIRGINIA

9/29/18	GB	Marlinton	Tom Jackson 717-677-6511
		York White Rose Wanderers	thomasjackson@embarqmail.com

WISCONSIN

4/28/18	W	DeForest	Mary Liebig 608-846-2299
		Madison Area Volkssport Assn.	mbliebig@charter.net
6/9/18	W	Mazomanie	Don suloff 608-821-0263
		Madison Area Volkssport Assn.	suloff@tds.net
7/8/18	W	Beaver Dam	Jill Ruef 608-643-6142
		Madison Area Volkssport Assn.	jill.ruef@hotmail.com
8/4/18	W	Oregon	Dave Rieff 608-756-1599
		Madison Area Volkssport Assn.	drieff@hotmail.com

WYOMING

7/21/18	W	Four Corners	Allan Ward 307-283-3733
		Black Hills Volkssport Assn.	arward@gmail.com
8/4/18	W	Buffalo	Lois Petersen 307-684-9160
		Buffalo Pathfinders	lois.petersen@gmail.com
9/8/18	W	Beulah	Diane Johannesen 307-290-0746
		Black Hills Volkssport Assn.	dianejohannesen@hotmail.com

Changes to YREs and Seasonal Events can be found on the AVA website – ava.org.

Click on **Events** menu tab, on the drop down menu click on

Starting Point Changes link.

STATE ASSOCIATION MEMBERS

CALIFORNIA

California Volkssport Association Inc.
PO Box 1253, Twain Harte, CA 95383
Philip Jones 209-586-0597
president@cva4u.org

INDIANA

Indiana Volkssport Assn.
2909 Rolling Meadows Lane
New Haven, IN 46774
Cheryl Elser 260-750-2177
elserfam@frontier.com

MARYLAND

Maryland Volkssport Assn.
824 Buckingham Dr,
Severna Park MD 21146
Robert Schmick 410-960-6226
markt@erols.com

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Tarheel State Walkers Volkssport Assn.
27 Cane Creek Circle
Fairview, NC 28730
Dennis Michele 828-628-4343
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143 Redder Ave, Dayton, OH 45405
Shane Conley 937-416-8059
OVA.walking@yahoo.com

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Oregon Trail State Volkssport Assn.
1350 NE Greenway Drive
Gresham, OR 97030
Dar Parrow 503-484-6475
dar.parrow@gmail.com

PENNSYLVANIA

Keystone State Volkssport Assn.
870 Bucks Valley Road
Newport, PA 17074
Marcy Lucas 717-979-3960
lucas_mj@hotmail.com

TEXAS

Texas Volkssport Assn.
27727 Ramblewood
San Antonio, TX 78261-2013
Heinz Johnson 830-980-5723
tvapresident@gvtc.com

VIRGINIA

Virginia Volkssport Assn.
12311 Ridgefield Parkway
Henrico, VA 23233
Chris Kelly 804-909-9916
ce_kelly@comcast.net

WASHINGTON

Evergreen State Volkssport Assn.
2815 Lincoln Pl. NE, Renton, WA 98056
Sharon Moats 425-235-0528
sharon.l.moats@gmail.com



IVV EVENT AWARDS

10 Events

Allen	Sue	Kenosha	WI
Atwood	Gail	Corona	CA
Cavanagh	Emily	Millersville	MD
Dilkes	Carol	Wildomar	CA
Fine	Kenneth	Hobbs	NM
Green	Erica	Fredericksburg	VA
Gregg	Linda	Decatur	IN
Gregg	Wally	Decatur	IN
Grothues	Harry	Bulverde	TX
Grothues	Bernie	Bulverde	TX
Hager	Amy	Beavercreek	OH
Hecox	Tom	Fayetteville	AR
Henshaw	Charlene	Lodi	CA
Hyde	Larry	Denver	CO
King	Ted	Dickson	TN
Ladd	Laurie	Delaware	OH
Laing	Joyce	Olney	MD
Lombardi	Diane	Asheville	NC
Marquez	Bette	San Antonio	TX
Mayhew	William	Sioux Falls	SD
McAllister	Patti	Carmichael	CA
Obianwu	Chinwe	Austin	TX
Odorfer	Marianne	New Braunfels	TX
Organ	Janet	San Antonio	TX
Peppers	Theresa	Wildomar	CA
Pham	Veronica	Tigard	OR
Pilkerton	Adam	Jacksonville	FL
Pille	Glenn	Des Moines	IA
Powell	David	Newport	OR
Purohit	Amul	Davis	CA
Riggs	Maggie	San Antonio	TX
Stoll	Hans	Woodlands Pk	CO
Taylor	Eileen	Rapid City	SD
Vincent	Jerry	Santee	CA
Whye	Daniel	Spokane	WA

30 Events

Allen	Angela	Malden	MA
Anderson	Rita	Austin	TX
Anderson	Steven	Austin	TX
Clark	Marianna	Seattle	WA
Cox	Louise	Whitehouse	TX
Driscoll	Debra	Dallas	OR
Engelberger	Maureen	Madison	WI
Fine	Kenneth	Hobbs	NM
Finley	Peggy	Webb City	MO
Gaver	Cynthia	Jacksonville	FL
Gorom	Paul	O Fallon	IL
Gorom	Martha	O Fallon	IL
Lange	Beverly	Ashland	MA
McAllister	Carol	Eldersburg	MD
Pham	Veronica	Tigard	OR
Purohit	Amul	Davis	CA
Purohit	Parul	Davis	CA
Rigler	Barbara	Sacramento	CA
Schultz	Mary-Jo	Corvallis	OR
Steele	Donna	Hillsboro	OR
Taylor	Eileen	Rapid City	SD
Taylor	Bryan	Council Bluffs	IA
Williams	Christine	Elk Grove	CA

50 Events

Bader	Jeff	Kent	WA
Bagwell	Peggy	Ellicott City	MD
Bagwell	David	Ellicott City	MD
Battan	Diana	Live Oak	TX
Butler	Andrew	Hurst	TX
Engelberger	Maureen	Madison	WI
Fine	Kenneth	Hobbs	NM
Finley	Carroll	Webb City	MO
Gorom	Martha	O Fallon	IL
Harvey	Denise	Celeste	TX
Knight	Jeanette	Whitehouse	TX
Knight	Ally	Whitehouse	TX
Lange	Beverly	Ashland	MA
MacLeish	Margie	Wyoming	DE
Mironescu	Karin	Olney	MD
Pham	Veronica	Tigard	OR
Prater	Deborah	Midlothian	TX
Purohit	Amul	Davis	CA
Purohit	Parul	Davis	CA
Roy	Michael	Madison	WI
Taylor	Bryan	Council Bluffs	IA

Thielemann	Gerhard	San Antonio	TX
Tody	Vicky	Everett	WA
Wenzel	Dennis	Ypsilanti	MI

75 Events

Adelman	Robert	San Antonio	TX
Adelman	Diana	San Antonio	TX
Fine	Kenneth	Hobbs	NM
Fine	Susan	Hobbs	NM
Hinkle	Rebecca	Molino	FL
Kent	Kim	Spanaway	WA
King	Patricia	Gaithersburg	MD
Lardizabal	Ben	Newville	PA
MacLeish	Margie	Wyoming	DE
Michael	Marvin	Gresham	OR
Nagan	Peter	Appleton	WI
Nevius	Anna	Derwood	MD
Purohit	Parul	Davis	CA
Seibert	Jody	Aberdeen	MD
Taylor	Bryan	Council Bluffs	IA
Thomason	Gunnar	Port Angeles	WA

100 Events

Brune	Celeste	Austin	TX
Fernandez	Juan	Ellicott City	MD
Fine	Kenneth	Hobbs	NM
Fine	Susan	Hobbs	NM
Kent	Kim	Spanaway	WA
MacLeish	Margie	Wyoming	DE
Majors	Marsha	Lacey	WA
McGary	Mike	Richardson	TX
Michael	Marvin	Gresham	OR
Purohit	Parul	Davis	CA
Riewer	Ava	Gresham	OR
Sherfield	Vorsha	Ingram	TX
Wadsworth	Peggy	Uwchland	PA
Wadsworth	Dennis	Uwchland	PA

125 Events

Cannon	Michael	GermanTown	MD
Christiansen	John	Plymouth	MA
Dudley	Mike	Ellersie	GA
Fernandez	Juan	Ellicott City	MD
Fernandez	Karen	Ellicott City	MD
Fine	Susan	Hobbs	NM
Guerrero	Ethel	King George	VA
Kent	Kim	Spanaway	WA
Majors	Marsha	Lacey	WA
McKay	Jackie	Millstadt	IL
Mullican	Brigitta	Rockville	MD
Roberson	Edward	San Antonio	TX
Schrag	Kay	Seattle	WA
Vidal	Joanne	APO	AE

150 Events

Barnes	Susan	San Antonio	TX
Fernandez	Karen	Ellicott City	MD
Fernandez	Juan	Ellicott City	MD
Fine	Susan	Hobbs	NM
Frink	Mary	Everett	MA
Helmann	Scott	Rapid City	SD
Kent	Kim	Spanaway	WA
Kosiba	Jim	Darien	IL
Manchester	Carol	Portland	OR
McKay	Jackie	Millstadt	IL
Mullican	Brigitta	Rockville	MD
Nash	Kathy	Maryville	TN
Rogers	Charles	Austin	TX
Vidal	Joanne	APO	AE

175 Events

Becker	Carl	Madison	SD
Becker	Vickie	Madison	SD
Berg	Jennifer	Kent	WA
Betar	John	Newville	PA
Devlin	Michelle	Lutz	FL
Eaton	Julie	Vancouver	WA
Eaton	Daniel	Vancouver	WA
Fernandez	Juan	Ellicott City	MD
Fernandez	Karen	Ellicott City	MD
Fine	Susan	Hobbs	NM

Kent	Kim	Spanaway	WA
Lubell	Paul	Catonsville	MD
Schwab	Bruce	Quinlan	TX
Schwab	Louetta	Quinlan	TX
Vidal	Joanne	APO	AE

200 Events

Allen	Jack	Boston	MA
Ashburn	Harry	Veneta	OR
Buntin	Richard	Shoreline	WA
Daub	Donna	Jensen Beach	FL
Eaton	Daniel	Vancouver	WA
Eaton	Julie	Vancouver	WA
Fernandez	Karen	Ellicott City	MD
Fernandez	Juan	Ellicott City	MD
Fine	Susan	Hobbs	NM
Freeman	Mary	Hagerstown	MD
Kent	Kim	Spanaway	WA
Leary	Dana	Pflugerville	TX
Miranda	Mark	Newport	OR
Smith	Carolyn	Portland	OR
Stanford	Irene	Maple Valley	WA
Whiteside	Jonathan	Asheville	NC
Wichelns	Phyllis	Sacramento	CA

225 Events

Allen	Jack	Boston	MA
Brown	Susan	Springfield	VA
Buntin	Richard	Shoreline	WA
Buntin	Marci	Shoreline	WA
Busse	Jeffrey	New Braunfels	TX
Coon	Claudia	Portland	OR
Evans	Cheryl	Spanaway	WA
Fernandez	Karen	Ellicott City	MD
Fine	Susan	Hobbs	NM
Friedrich	Zori	Gold River	CA
Harold-Carter	Victoria	Olympia	WA
Haven	Bev	Jefferson	OR
Keith	Lynne	Belleville	IL
Langer	Victoria	Mystic	CT
McGinnis	Laura	Colorado Springs	CO
Repp	Deanna	San Antonio	TX
Schmidt	Elizabeth	Seattle	WA
Shapiro	Lorraine	Ann Arbor	MI
VanSant	Karen	Huntsville	AL
Viescas	Penny	Colorado Springs	CO

250 Events

Allen	Jack	Boston	MA
Andrews	Alison	Laytonsville	MD
Botsford	Kathryn	Portland	OR
Brown	Susan	Springfield	VA
Brown	Steven	Springfield	VA
Esker	Barbara	Pasadena	MD
Fernandez	Karen	Ellicott City	MD
Fine	Susan	Hobbs	NM
Martin	Wanda	Stockton	CA
Seeger	Craig	Portland	OR

275 Events

Allen	Jack	Boston	MA
Brown	Steven	Springfield	VA
Brown	Susan	Springfield	VA
Cooper	Robert	Clyde	NC
Fernandez	Karen	Ellicott City	MD
Fine	Susan	Hobbs	NM
Seibert	Edward	APO	AP
Webert	Sue-Lon	Vashon	WA

300 Events

Brown	Susan	Springfield	VA
Brown	Steven	Springfield	VA
Duffman	Jerald	O'Fallon	IL
Fernandez	Karen	Ellicott City	MD
Fine	Susan	Hobbs	NM
Ring	David	Coppell	TX
Ring	Karen	Coppell	TX

325 Events

Brown	Steven	Springfield	VA
Brown	Susan	Springfield	VA
Davis	Chase	Lacey	WA
Fine	Susan	Hobbs	NM
Talaga	Carol	Glenside	PA

350 Events

Brown	Susan	Springfield	VA
Davis	Chase	Lacey	WA
Fine	Susan	Hobbs	NM
Gillette	Terri	Waynesville	MO
Kester	Russ	Colorado Springs	CO
Roberts	Patricia	Windcrest	TX
Turner	Kathy	Wildomar	CA

375 Events

Ashburn	Marlys	Veneta	OR
Fine	Susan	Hobbs	NM
Miller	Steven	Omaha	NE
Switalski	Diane	Seminole	FL
Turner	Kathy	Wildomar	CA
Wirth	Jane	Pittsburg	CA
Wirth	Craig	Pittsburg	CA

400 Events

Barber	Muriel	O'Fallon	IL
Betar	Jennifer	Newville	PA
Bowers	Mandy	Williamsburg	VA
Fine	Susan	Hobbs	NM
Jurca	Michael	Las Cruces	NM
Kelly	Kathryn	Richmond	VA
Kelly	Christopher	Richmond	VA
Medlin	Darren	San Antonio	TX
Moriarty	Monica	Elk Grove	CA
Paige	Janet	Federal Way	WA
Richards	Carolyn	Georgetown	TX
Turner	Kathy	Wildomar	CA

425 Events

Kelly	Kathryn	Richmond	VA
Kelly	Christopher	Richmond	VA
Lykens	Robert	Duncansville	PA
Moriarty	Monica	Elk Grove	CA
Paige	Janet	Federal Way	WA
Saratara	Mary	Danvers	MA
Turner	Kathy	Wildomar	CA
Zeitler	Mary	Austin	TX

450 Events

Bonewitz	Mindy	Louisville	TN
Brown	David	Huntsville	AL
Johnson	Priscilla	San Antonio	TX
Kaley-Lovelette	Linda	Columbus	GA
Kelly	Christopher	Richmond	VA
Kelly	Kathryn	Richmond	VA
Pugmire	Linda	Shoreline	WA
Stollberg	Martha	W Palm Bch	FL
Turner	Kathy	Wildomar	CA

475 Events

Bonewitz	Joel	Louisville	TN
Brown	Troy	Federal Way	WA
Ellsberg	Patrick	Vancouver	WA
Ives	John	San Antonio	TX
Johnson	Priscilla	San Antonio	TX
Kelly	Kathryn	Richmond	VA
Payton	Bob	Coupsville	WA
Pugmire	Linda	Shoreline	WA
Stollberg	Martha	W Palm Bch	FL
Turner	Kathy	Wildomar	CA

500 Events

Alton	Susan	San Antonio	TX
Dobbs	Sharon	Clackamas	OR

IVV Event Awards *continued from page 33*

Ellsberg	Patrick	Vancouver	WA
Flessert	Chris	Ft Atkinson	WI
Freshwater	David	Germantown	MD
Gruber	Robyn	New Carlisle	OH
Haagensen	Cindy	Madison	WI
Hadeler	Paula	O'Fallon	IL
Ives	John	San Antonio	TX
Johnson	Priscilla	San Antonio	TX
Miller	Jeanne	Omaha	NE
Payton	Bob	Coupsville	WA
Ringhand	Phillip	Albany	WI
Schopf	Jeanne	Lititz	PA
Stollberg	Martha	W Palm Bch	FL
Turner	Kathy	Wildomar	CA
Vertucci	Audrey	San Antonio	TX
Weiss	Vera	Scotia	NY

525 Events

Auerbach	Margery	Silver Spring	MD
Flessert	Chris	Ft Atkinson	WI
Gant	Betty	Joplin	MO
Hadeler	Paula	O'Fallon	IL
Herker	Verna	Comstock	MN
Johnson	Priscilla	San Antonio	TX
Miller	Jeanne	Omaha	NE
Riley	Janet	Roseville	CA
Ringhand	Phillip	Albany	WI
Streitt	John	Poulsbo	WA
Swift	Tom	Stockton	CA
Turner	Kathy	Wildomar	CA
Vertucci	Audrey	San Antonio	TX
Weiss	Vera	Scotia	NY

550 Events

Edwards	Frank	Venice	FL
Flessert	Chris	Ft Atkinson	WI
Gant	Betty	Joplin	MO
Gavin	Rita	Glenmont	NY
Hofmann	Joyce	Urbana	IL
Johnson	Priscilla	San Antonio	TX
Marke	Michael	San Antonio	TX
Rich	Robina	Lake Oswego	OR
Riley	Janet	Roseville	CA
Ringhand	Phillip	Albany	WI
Swift	Tom	Stockton	CA
Turner	Kathy	Wildomar	CA
Weiss	Vera	Scotia	NY

575 Events

Breece	Rose	Dale City	VA
Gavin	Rita	Glenmont	NY
Gebhardt	Diane	Edwardsville	IL
Hamby	Nancy	Jefferson	OR
Johnson	Priscilla	San Antonio	TX
Paronis	Irena	Darien	IL
Riley	Janet	Roseville	CA
Talpey	Carol	Kerrville	TX
Turner	Kathy	Wildomar	CA

600 Events

Bradford	Donald	Chesapeake	VA
Edwards	Catherine	Venice	FL
Gavin	Rita	Glenmont	NY
Hamby	Nancy	Jefferson	OR
Johnson	Priscilla	San Antonio	TX
Loyd	Gisela	Auburn	CA
Merenda	Martha	Rockville	MD
Miner	Timothy	Woodbridge	VA
Paronis	Irena	Darien	IL
Perry	Steven	Vancouver	WA
Riley	Janet	Roseville	CA
Thornbery	Diane	Madison	WI
Turner	Kathy	Wildomar	CA
Westerberg	Julia	Albany	OR
Woods	Richard	Sylvania	OH

650 Events

Duffman	Trudy	O'Fallon	IL
Filemyr	Alice	Rockville	MD
Frisinger	Charles	Warsaw	IN
Johnson	Priscilla	San Antonio	TX
Miner	Timothy	Woodbridge	VA
Nawalinski	Cynthia	Portland	OR
Perry	Steven	Vancouver	WA

Sell	Katie	Bellevue	WA
Soenke	Carole	Sacramento	CA

700 Events

Genter	Lynn	Leavenworth	KS
Hoover	Sarah	Los Alamos	NM
Johnson	Priscilla	San Antonio	TX
Miles	Justin	Tulsa	OK
Miner	Timothy	Woodbridge	VA
Nawalinski	Cynthia	Portland	OR
Thompson	Elaine	Chesapeake	VA

750 Events

Carlson	Kevin	St Paul	MN
Green	Michael	Souderton	PA
Green	Betty	Souderton	PA
Lardizabal	Jan	Newville	PA
Miles	Justin	Tulsa	OK
Seay	Karen	Colo Springs	CO

800 Events

Campbell	David	Indianapolis	IN
Daskam	Danielle	Enumclaw	WA
Green	Betty	Souderton	PA
Green	Michael	Souderton	PA
Seay	Karen	Colo Springs	CO
Severtsen	Sandi	Shoreline	WA
Sheldrake	Arlen	Portland	OR
Smith	Donald	Silver Spring	MD
Wellenreiter	James	Lititz	PA

850 Events

Filemyr	Claire	Silver Sprg	MD
Graeber	Patricia	Schwenksville	PA
Ohl	James	Vancouver	WA
Ohl	Jean	Vancouver	WA
Payne	Sharon	Georgetown	TX
Streitt	Sharon	Poulsbo	WA

900 Events

Bacon	Arthur	Columbia	IL
Bacon	Susan	Columbia	IL
Moisant	Lee	Minneapolis	MN
Ohl	Jean	Vancouver	WA

950 Events

Arnold	Teresa	Broken Arrow	OK
Bacon	Susan	Columbia	IL
Bacon	Arthur	Columbia	IL
Beales	Dana	Fairfax	VA
Bowers	Margaret	Chesapeake	VA
Brown	Maryann	Waldport	OR
Church	Bonnie	Gladstone	OR
Grenier	Dolores	Arlington	VA
Marlar	Bart	San Antonio	TX
McGehee	Karen	Jefferson	OR

1000 Events

Brown	Maryann	Waldport	OR
Grenier	Dolores	Arlington	VA
Lanpher	Joan	Winter Sprgs	FL
McGehee	Karen	Jefferson	OR
Thompson	Carolyn	Lacey	WA

1050 Events

Wojtysiak	Dee	O Fallon	IL
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1100 Events

Moore	D. J.	Panama City	FL
Peters	Kay	PT Angeles	WA
Prost	Diane	Fairview Hgts	IL

1150 Events

Dodson	Ricky	Lansing	KS
Farley	James	Bel Air	MD
Jerabek	Janice	Foresthill	CA
Moore	D. J.	Panama City	FL
Prost	Diane	Fairview Hgts	IL

1200 Events

Bowen	Earl	La Center	WA
Dodson	Ricky	Lansing	KS
Farley	James	Bel Air	MD
Jerabek	Janice	Foresthill	CA
Lanpher	Michael	Winter Springs	FL
Predham	Sharon	Leesburg	FL

1250 Events

Brown	Molly	Honolulu	HI
Brown	Mark	Honolulu	HI
Dodson	Ricky	Lansing	KS
Fitz	Charles	Topsham	ME
John	Barbara	Windsor Hgts	IA
Lewis	Patty	Renton	WA

1300 Events

Gama	Carlos	Atascadero	CA
Glass	Suzi	San Jose	CA
Kinney	Robert	Bellevue	WA
Lang	Nira	Vancouver	WA

1400 Events

Barnes	Ralph	Greensboro	NC
Barnes	Sandra	Greensboro	NC
Kupyar	John	Virginia Bch	VA
Stambaugh	William	Arlington	VA

1450 Events

Nuss	Barbara	Sacramento	CA
Ramsay	Barbara	Belton	MO
Ramsay	Christopher	Belton	MO

1500 Events

Evans	Eveline	Lorena	TX
Fine	Susan	Hobbs	NM
Garamone	Helen	Alexandria	VA
Hollar	Carol	Hackettstown	NJ

1600 Events

Kinney	Patty	Bellevue	WA
Morrison	Robert	Olympia	WA
Vanderwoude	Carol	Everett	WA

1700 Events

Schrump	Dee	Chesterfield	VA
Yother	Leslie	Leavenworth	KS

1800 Events

Miles	Judy	Tulsa	OK
Miner	Cecilia	Woodbridge	VA
Seward	Charles	Virginia Bch	VA

1900 Events

Miles	Judy	Tulsa	OK
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2000 Events

Batson	Dorman	Federal Way	WA
Perkins	Michael	Middletown	OH
Soeldner	Clark	Colo Springs	CO

2100 Events

D'Aprile	Thomas	Mechanicsburg	PA
Neumann	Rose	University Pl	WA

2200 Events

Callahan	Martin	San Antonio	TX
Dehetre	Thomas	Waldorf	MD
Koonce	Richard	Beaverton	OR
Koonce	Carolyn	Beaverton	OR

2300 Events

Ott	Ellen	San Antonio	TX
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2400 Events

Cruz	Loralie	Surprise	AZ
Peters	Dannie	Lennox	SD
Peters	Ellen	Lennox	SD

2500 Events

Hedwall	Helene	Bellevue	WA
Schwindt	Lawrence	Kokomo	IN

2600 Events

Chazen	Martin	Manassas	VA
Eberhart	Kenneth	Virginia Bch	VA

2700 Events

Plott	Barry	Fairfax	VA
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3000 Events

Ackerman	David	Reston	VA
Waibel	Gale	Silver Sprg	MD

3100 Events

Ackerman	David	Reston	VA
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4000 Events

Beamer	Raymond	Cascade	CO
Theall	Kevin	Ellicott City	MD

4100 Events

Yother	Lucy	Leavenworth	KS
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4200 Events

Yother	Lucy	Leavenworth	KS
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4300 Events

Tollett	Annette	Hampton	VA
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4400 Events

Tollett	Annette	Hampton	VA
Waibel	Klaus	Silver Sprg	MD

4700 Events

Haseloff	Robert	Seguin	TX
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6000 Events

Hooker	David	Colo Springs	CO
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6100 Events

Hooker	David	Colo Springs	CO
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6400 Events

Miles	Kenneth	Tulsa	OK
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6500 Events

Miles	Kenneth	Tulsa	OK
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Always walk
through life as if
you have
something new
to learn,
and you will.
~ Vernon Howard

IVV DISTANCE AWARDS

500 KM

Bagwell	Peggy	Silver Sprg	MD
Bagwell	David	Ellicott City	MD
Elbert	Cheryl	Pierce City	MO
Engelberger	Maureen	Madison	WI
Fine	Kenneth	Hobbs	NM
Grunow	Sharon	Sacramento	CA
Harvey	Denise	Celeste	TX
King	Patricia	Gaithersburg	MD
Lange	Beverly	Ashland	MA
Lupsiewicz	Alida	Pepperell	MA
Lupsiewicz	Philip	Pepperell	MA
Lysik	Gene	San Antonio	TX
Nevius	Anna	Derwood	MD
Pham	Veronica	Tigard	OR
Purohit	Parul	Davis	CA
Purohit	Amul	Davis	CA
Roy	Michael	Madison	WI
Seibert	Jody	Aberdeen	MD
Thacker	Janet	Aberdeen	MD
Thacker	Sam	Aberdeen	MD

1000 KM

Bechtholdt	Dick	Beaumont	CA
Bechtholdt	Ann	Beaumont	CA
Blankenship	Harold	McMinnville	OR
Everly	Dale	Panama City Bch	FL
Hinkle	Rebecca	Molino	FL
Kent	Kim	Spanaway	WA
MacLeish	Margie	Wyoming	DE
Majors	Marsha	Lacey	WA
Manchester	Carol	Portland	OR
McGary	Mike	Richardson	TX
McKay	Jackie	Millstadt	IL
Michael	Marvin	Gresham	OR
Vidal	Joanne	APO	AE

1500 KM

Allen	Jack	Boston	MA
Barnes	Susan	San Antonio	TX
Berg	Jennifer	Kent	WA
Dudley	Mike	Ellersie	GA
Frink	Mary	Everett	MA
Guerrero	Ethel	King George	VA
LeCompte	Joyce	Renton	WA
Mullican	Brigitta	Rockville	MD
Rogers	Charles	Austin	TX
Thielemann	Gerhard	San Antonio	TX
Vidal	Joanne	APO	AE
Whiteside	Jonathan	Asheville	NC

2000 KM

Ashburn	Harry	Veneta	OR
Barber	Muriel	O'Fallon	IL
Blythe	Linda	Philadelphia	PA
Brown	Susan	Springfield	VA
Buntin	Richard	Shoreline	WA
Eaton	Julie	Vancouver	WA
Eaton	Daniel	Vancouver	WA
Fine	Susan	Hobbs	NM
Freeman	Mary	Hagerstown	MD
Friedrich	Zori	Gold River	CA
Galka	Debbie	Minnetonka	MN
Haven	Bev	Jefferson	OR
Mango	Cecily	Greenville	SC
Pederson	Gary	Edgewood	WA
Sandker	Don	Kansas City	MO
Shapiro	Lorraine	Ann Arbor	MI
Smith	Carolyn	Portland	OR

2500 KM

Brown	Susan	Springfield	VA
Brown	Steven	Springfield	VA
Buntin	Marci	Shoreline	WA
Fine	Susan	Hobbs	NM
Hall	Sandra	Plainville	MA
Perkins	Trudy	Severn	MD
Peto	Sue	Des Moines	WA
Veillette	Concetta	Topsham	ME

3000 KM

Brown	Steven	Springfield	VA
Coon	Claudia	Portland	OR
Fine	Susan	Hobbs	NM
Webert	Sue-Lon	Vashon	WA

3500 KM

Brown	Steven	Springfield	VA
Davis	Chase	Lacey	WA
Fine	Susan	Hobbs	NM
Gley	Bob	Trabuco Canyon	CA
Gregory	Robert	Liberty	MO
Gregory	Cathy	Liberty	MO
Jewett	Marie	Medford	OR
Kelly	Christopher	Richmond	VA
Richards	Carolyn	Georgetown	TX
Ring	David	Coppell	TX
Ring	Karen	Coppell	TX
Seibert	Edward	APO	AP

4000 KM

Betar	Jennifer	Newville	PA
Bonewitz	Mindy	Louisville	TN
Brower	Patricia	Olympia	WA
Cannon	Michael	GermanTown	MD
Davis	Chase	Lacey	WA
Edwards	Frank	Venice	FL
Kaley-Lovelette	Linda	Columbus	GA
Kelly	Christopher	Richmond	VA
Kelly	Kathryn	Richmond	VA
Kester	Russ	Colo Springs	CO
Stollberg	Martha	W Palm Beach	FL

4500 KM

Bonewitz	Joel	Louisville	TN
Cannon	Michael	GermanTown	MD
Davis	Joyce	Kerrville	TX
Engel	Gilbert	Niagara	WI
Merenda	Martha	Rockville	MD
Nawalinski	Cynthia	Portland	OR
Riley	Janet	Roseville	CA
Soenke	Carole	Sacramento	CA
Streitt	John	Poulsbo	WA

5000 KM

Andrews	Alison	Laytonsville	MD
Baker	Kim	Vancouver	WA
Baker	Dan	Vancouver	WA
Beisser	David	Travelers Rest	SC
Ellsberg	Patrick	Vancouver	WA
Gant	Betty	Joplin	MO
Hadeler	Paula	O'Fallon	IL
Merenda	Martha	Rockville	MD
Miller	Jeanne	Omaha	NE
Payton	Bob	Coupsville	WA
Pugmire	Linda	Shoreline	WA
Riley	Janet	Roseville	CA
Saratora	Mary	Danvers	MA
Swift	Tom	Stockton	CA
Vertucci	Audrey	San Antonio	TX

5500 KM

Bacon	Susan	Columbia	IL
Edwards	Catherine	Venice	FL
Flessert	Chris	Ft Atkinson	WI
Paronis	Irena	Darien	IL
Riley	Janet	Roseville	CA
Weiss	Vera	Scotia	NY

6000 KM

Bradford	Donald	Chesapeake	VA
Hamby	Nancy	Jefferson	OR
Ringhand	Phillip	Albany	WI
Weiss	Vera	Scotia	NY

6500 KM

Clark	Sally	Danville	VA
Evans	Maribeth	Silver Spring	MD
Filemyr	Alice	Rockville	MD

Loving	Mary	New Goshen	IN
Messing	Kay	Bainbridge Island	WA
Perry	Steven	Vancouver	WA
Ringhand	Phillip	Albany	WI
Westerberg	Julia	Albany	OR

7000 KM

Green	Michael	Souderton	PA
Green	Betty	Souderton	PA
Hanson	Clark	San Jose	CA
Hanson	Cheryl	San Jose	CA
Miles	Justin	Tulsa	OK
Noonan	Susan	San Antonio	TX
Payton	Sue	Coupeville	WA

7500 KM

Daskam	Danielle	Enumclaw	WA
Frisinger	Charles	Warsaw	IN
Hoover	Sarah	Los Alamos	NM
Medlin	Susan	San Antonio	TX
Paul	Aggie	Goreville	IL

8000 KM

Allen	Roberta	Danville	IL
Carlson	Kevin	St Paul	MN
Seay	Karen	Colo Springs	CO
Siegert	Rolf	Virginia Bch	VA

9000 KM

Graeber	Patricia	Schwenksville	PA
Moisant	Lee	Minneapolis	MN
Ohl	James	Vancouver	WA
Smith	Donald	Silver Sprg	MD
Thovson	Reta	Hill City	SD

10000 KM

Bowers	Margaret	Chesapeake	VA
Brown	Maryann	Waldport	OR
Filemyr	Claire	Silver Sprg	MD
McGehee	Karen	Jefferson	OR
Moore	D. J.	Panama City	FL

11000 KM

Moore	D. J.	Panama City	FL
Myers	James	Hanover	PA

12000 KM

Dodson	Ricky	Lansing	KS
Grenier	Dolores	Arlington	VA
Jerabek	Janice	Foresthill	CA
Moore	D. J.	Panama City	FL

13000 KM

Kinney	Robert	Bellevue	WA
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14000 KM

Farley	James	Bel Air	MD
Lewis	Patty	Renton	WA
Ramsay	Christopher	Belton	MO

15000 KM

Farley	James	Bel Air	MD
Glass	Suzi	San Jose	CA
Kupyar	John	Virginia Bch	VA
Stovall	Jerry	Plano	TX
Woods	Richard	Sylvania	OH
Yother	Leslie	Leavenworth	KS

16000 KM

Farley	James	Bel Air	MD
Hollar	Carol	Hackettstown	NJ
Kuschke	William	Buda	TX

17000 KM

Morrison	Robert	Olympia	WA
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18000 KM

Kinney	Patty	Bellevue	WA
Senger	Gayle	Buckley	WA
Westcott	Debra	Salem	OR
Westcott	James	Salem	OR

22000 KM

Ptacek	Mary	Henderson	NV
Sather	Carol	Vancouver	WA
Sather	Grant	Vancouver	WA
Wojtysiak	Leonard	O Fallon	IL

23000 KM

Wittenberg	Nancy	Puyallup	WA
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24000 KM

Neumann	Rose	Univ. Place	WA
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25000 KM

Oberg	Patricia	Renton	WA
Ptacek	Mary	Henderson	NV

30000 KM

Miller	Sharon	Etters	PA
Soeldner	Clark	Colo Springs	CO

31000 KM

Batson	Dorman	Federal Way	WA
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45000 KM

Yother	Lucy	Leavenworth	KS
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75000 KM

Miles	Kenneth	Tulsa	OK
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90000 KM

Theall	Kevin	Ellicott City	MD
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IVV Distance Awards – Incorrect Information

The IVV Distance Awards information published in the Oct/Nov 2017, Dec 2017/Jan 2018 and Feb/March 2018 issues of the *TAW* were incorrect due to a coding error in the new Awards and Membership database.

On behalf of the AVA, we apologize for the inaccurate posting of this information. We are working hard to improve the reliability of our databases and reporting systems.

These lists will appear in the next issue of *TAW*.



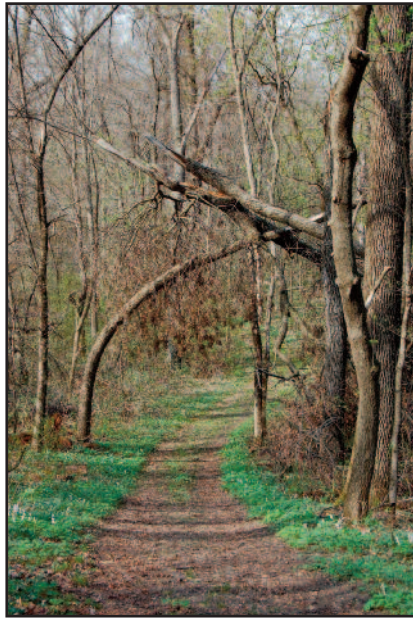
Celebrating the very successful eclipse event of 2017

By Jerry Wilson

The Nebraska Wanderfreunde Trailblazers put on a very successful Eclipse Event in August 2017. The event took massive amounts of planning, preparation and execution. The coordinators of this four-day event were recently honored with AVA awards. Thank you to these individuals and all the volunteers that guided us through this historic event.

NorthStar Trail Travelers continues 20th anniversary events

Join the NorthStar Trail Travelers (NSTT) at its second event of its anniversary year. Come to Waterville, Minnesota, to Sakatah Lake State Park and enjoy a spring romp in the park. Walk on wide grassy trails, some paved trails and some gravel roads on either a 1k, 5k or 6k loop, or all three for 12k. Hiking should be easy with some gradual hills at places. Walk through the campground and see if you can spot the Showy Orchis blooming in the park, and is also featured on our award for the event.



Walk a grassy trail at Sakatah Lake State Park in May.

Saturday, May 5 is the date and you can register at the Old Nature Center anytime after 9 a.m. and finish by 4 p.m. Park vehicle permit is required and is available at the park entrance.



Showy Orchis leather pin

The park was established in 1963 by an act of the Minnesota Legislature, with a statutory boundary of 842 acres. The parklands include 3.5 miles of shoreline along Sakatah Lake. The rolling topography of the park features a rich mixed hardwood forest. The Cannon

River area formed the boundary between the "Big Woods" of the Minnesota and Mississippi River Valleys, and the southern oak barrens south of the park. Sakatah Lake, a natural widening of the Cannon River, provides visitors with opportunities for many forms of outdoor recreation and nature study. Running through the park is the Sakatah Singing Hills State Trail, a 39-mile,

multiple-use state trail, which has been developed on an abandoned railroad grade. The trail provides a paved surface for bicyclists, hikers, skiers and snowmobilers. The park serves as a convenient base camp for those wishing to travel the state trail.

As usual NSTT offers its walkers a participant picnic for a suggested donation throughout the day. Our picnic is a popular part of NSTT events and gives walkers a chance to relax, have lunch and visit with other walkers, making it a full fun day in the park. For more info go to nsth.org or email info@nsth.org.

In July, NSTT goes to Whitewater State Park for two one-day events and in September it offers another weekend of events up at Maplewood State Park. NSTT will wrap up its anniversary year in October at its annual meeting guided walk by the St. Croix River at Taylors Falls. Additional information will be in upcoming TAWs. ☺

Spring ahead to hit the trails

By Reta Thovson

The year started out very cold in the Black Hills. We had one or two nice days and then the cold and snow hit. After all it is South Dakota. We will be looking forward to having walkers come to Crazy Horse Volksmarch in the spring and fall. Enjoy our many YR/Seasonal events on your journey to our beautiful Black Hills.

Traditional walks for 2018: May 19, Terra Sancta Retreat Center Walk, Rapid City; June 2-3, Crazy Horse Walk, Custer; June 9, Homestake Trail, Lead to Deadwood; July 9, Silver City Walk, Silver City; July 21, Mallo Camp Walk, Four Corners, Wyoming; July 28, Custer Town Walk, Custer; September 1, Outlaw Ranch Walk, Custer; September 8, Ranch A Walk, Beulah, Wyoming; September 29, Flume Trail Walk, Hill City; September 30, Crazy Horse Walk, Custer; October 6, Wind Cave National Park Walk, Hot Springs.

See you on the trails. ☺



On January 20, 2018 the following were recognized with Commendable Service (C) and Meritorious Service (M) awards: (l-r): back: Jeanne Miller (M), Diane Fenlon (C), Butch Spaulding (M), Sandy Spaulding (M); front: Karen Dix-Johnson (C), Jill Champley (C), Sheila Goeltz (C), Julie Brown (M). Not pictured: Martha McGahan (M), Jim McGahan (M).

Thank you to Lee Frantz, NWFT Club, for providing the picture and list of those pictured. ☺




AVA Convention 2019
Trails of New England
 Massachusetts, New Hampshire, New York, Maine, Vermont, Connecticut, & Rhode Island
 June 2019 ★ 11-13 Days ★ Price TBA

Starting off in Boston, we join the walks of the 21st AVA Convention in New Hampshire, Massachusetts, and upstate New York. Non-convention walking trails that display the natural beauty of New England in the summer will be added in Maine, Vermont, Connecticut, and Rhode Island.

Much of our nation's colonial and Revolutionary War background is on display in cities like Concord and Boston. The charm of local culture is experienced in traditional small towns and placid rural settings in Vermont and New Hampshire, and in the unspoiled, pastoral beauty and artistic wealth of Massachusetts's Berkshires.

NOTE: This Adventure is available as a special complement to the AVA Convention and will be offered WITHOUT the customary on-site planning trip. Walks will be exclusively local AVA club walks.


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