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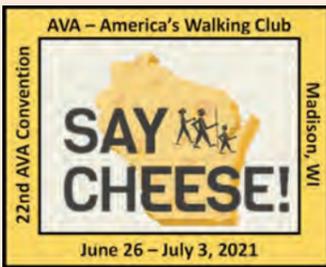


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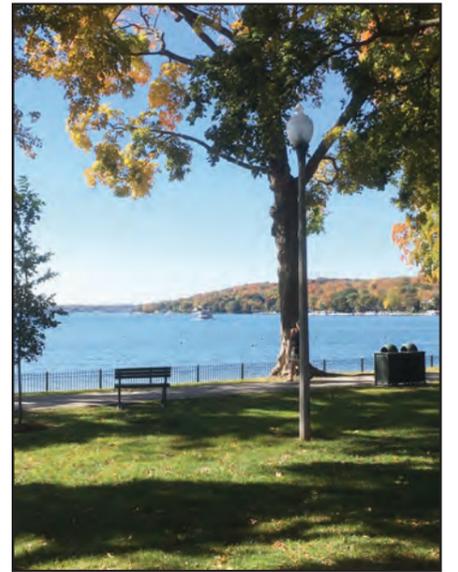


Exploring cheesehead country

By Don Suloff

For those attending the 2021 National Convention in Wisconsin, having their own transportation, and desiring additional walking opportunities either on their way to or from the convention, the following 12 walks in Wisconsin provide walking opportunities along most of the major routes to Madison. The parenthetical references indicate the distance and approximate time each walk is from the convention hotel and includes the trail rating. All of these walks offer long and short distance options.

The Janesville City Walk (42 miles, 42 minutes, 2A) passes through the Janesville downtown area with historic residences, the beautiful Rotary Gardens (fee for entry), the church site where Abraham Lincoln attended services, the site of a 1960 John F. Kennedy campaign stop, and crosses the Rock River. The route also passes the site where a band of Sauk and Fox Indians, led by Chief Blackhawk, camped during the Blackhawk War.

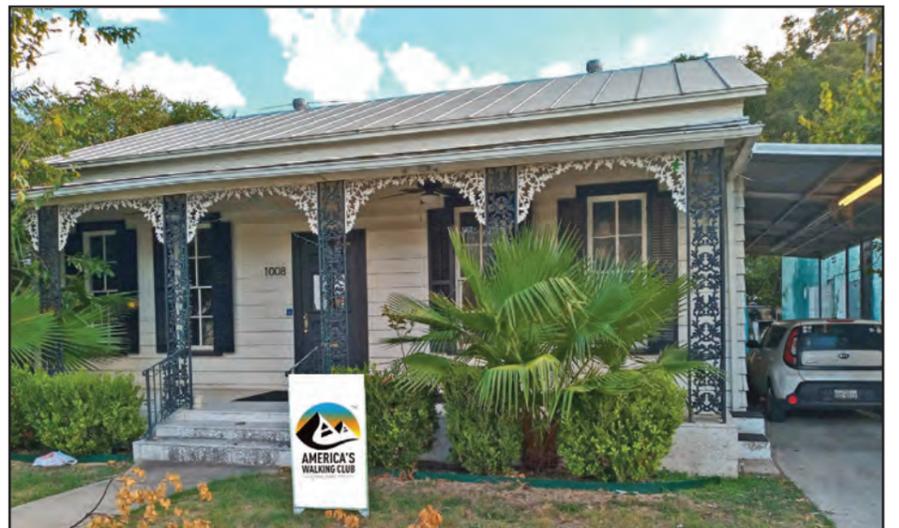


Cheesehead country continued on page 16 Lake Geneva Shoreline.

The AVA National Office has relocated to San Antonio, Texas

Our new address is:
 1008 South Alamo Street
 San Antonio, Texas 78210

We look forward to your visit!



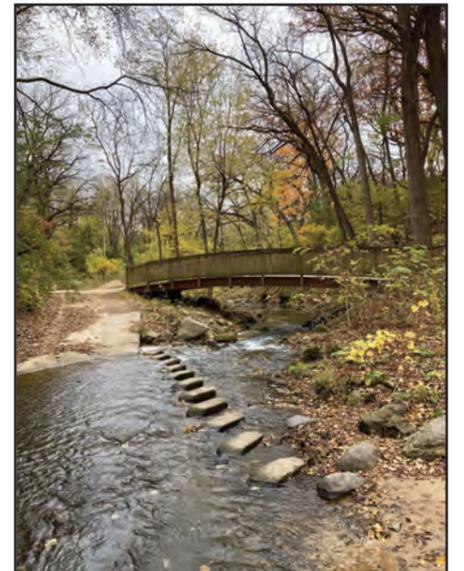
Oops, but no problem!

By Don Suloff

Those who have been following the articles describing the walks surrounding the 2021 National Convention in Madison, Wisconsin, may recall the planned-walk on June 30, at the University of Wisconsin Arboretum. We had been led to believe that we had approval for that walk and planning had moved forward; however, we learned that the University had decided that ours was “an athletic event.” (Bet you didn’t realize your athletic prowess!) As such, we would require a permit for walking in the Arboretum and would only be allowed to walk the entrance road without being able to explore the

multiple trails winding through the ecosystems. We knew we could do better than this limited experience, and we have.

We are now planning a new walk focusing on the Pheasant Branch corridor in nearby Middleton. Bear in mind that “branch” in this case means a small stream. A large portion of our walk will follow that stream along wide natural surface trails, asphalt paths and boardwalks, frequently crossing over that winding stream. In all cases our crossings are over pedestrian bridges, but often there is a choice for the more adventurous to



Crossing Pheasant Branch.

Oops continued on page 16

PRESIDENT'S MESSAGE



Well, it looks like we finally made it out of 2020. This has been quite a year, and not one that I would particularly like to live over. However, it

hasn't all been bad news; certainly there is a lot of good news going forward.

First, let me thank everyone who donated to the Big Give. This annual fund raiser is a real blessing to AVA. Each year our members are more generous, and each year we find new outside groups to bring along side in our efforts to continue to meet the AVA mission in these challenging times.

Speaking of outside groups, I need to recognize the hard work that has gone into the partnership with Element3 Health (E3H). Efforts by the National Office created this partnership, and then Mike Green did an amazing amount of work to make the data available to E3H that was needed for the partnership to work. As this goes to press, clubs are getting referrals, and that's just the beginning.

Convention registration is open on line! Special thanks to Jeff Giddings for all the hard work he has done to put together this online registration system. So, have you registered for the Madison Convention? If you haven't, why not? Are you afraid that the convention is not going to happen due to continued COVID-19 restric-

tions? While we don't think that will happen, if it does and we are forced to cancel the convention, you get your registration money back. If you don't register and don't plan on coming, you miss out on what promises to be an outstanding convention. Seems like an obvious decision to me. So, stop reading and register now.

Speaking of signing up, have you registered for this year's Virtual Online Program (VOP)? It is not too late. This year is something very different with four quarterly adventures: Kindness Around the Globe, National Parks of America, Global Cuisine (the fourth F, right), and Get Fit on Route 66. Special thanks to Jan Van Vlack who has been AVA's hard working support person for VOP since its beginning. This program is another part of how AVA: America's Walking Club is meeting its mission.

Everyone should be aware by now that our National Office had to move. I appreciate all the hard work our staff did to make this move as smooth as it was. I also want to recognize three local volunteers who were key to the success of this move. Pat Gunter, Marilyn Henderson and John Ives are great examples of the volunteer spirit that lives in AVA. So, thank you, Pat, Marilyn and John, for all the help with the move. If you are in the San Antonio area, be sure to stop at the new office for a visit.

Let me recognize another individual who is doing great things for AVA. He is Tim Miner, Chair of the AVA Programs Committee. Tim has been

President's Message continued on page 3



The official newspaper of the American Volkssport Association —
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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Fun, Fitness, Friendship

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HEADQUARTERS NEWS NOTES

Good standing policy and deadlines, Convention 2021, Madison, WI

By Erin Grosso, Financial Director, AVA

The AVA Call to Convention and AVA Form 500 will be mailed to the clubs by the end of February. Please follow the directions on the form and return to AVA for Credentialing at Convention. **All forms must be postmarked no later than May 31, 2021.** If the deadline for mailing this form to the National Office is missed, **all copies of the form** must accompany the delegate, alternate, or proxy to the Credentials Booth at the Convention. The form should be mailed to:

American Volkssport Association, Inc.
Attn: Erin Grosso
1008 S. Alamo Street
San Antonio, TX 78210

Please do not forget that clubs must be in “good standing” 45 days before the opening of the membership meeting to be entitled to one vote on each matter submitted to a vote of the members. The final date for clubs to meet the criteria of being in “good standing” to vote is midnight of May 15, 2021. Detailed information and some things to keep in mind regarding the AVA’s Good Standing Policy and Membership Voting Policy is provided below.

The Bylaws of the American Volkssport Association, Inc. ARTICLE IV MEETINGS

4.3 Voting Rights. Each elected National Officer, Regional Director, state organization and regular member club that is in good standing forty-five days before the opening of the membership meeting shall be entitled to one vote on each matter submitted to a vote of the members. The Executive Director shall have no vote.

The American Volkssport Association Policy Manual

SECTION 2: MEMBERSHIP

2.01 TYPES AND APPLICATION FOR MEMBERSHIP

I. GENERAL POLICIES

II. POLICY

A. Application for Membership. Policy changes effective July 1, 2014 for (new) applications.

1. Any organization or group of persons wanting to form a Regular Member Club must submit an AVA Form 201, Application for Club Membership,

with the charter fee and the appropriate prorated portion of the annual dues, the organization or group will send the application through the State Organization (if applicable) and the appropriate Regional Director to the AVA National Headquarters.

a) The proposed Member Club must, as a minimum:

(1) Have an elected President, Vice President and Secretary/Treasurer;

(2) Have an approved Constitution and/or Bylaws;

(3) Have an established bank account in the club’s name;

(4) Submit, if eligible, an application for inclusion in the AVA’s 501(c)(3) Group Tax- Exemption;

(5) Have an Employer Identification Number (EIN) issued by the Internal Revenue Service.

(6) If (4) and (5) do not apply, the proposed Member Club will submit paperwork showing proof of coverage under some other non-profit organization.

Please be advised per the membership policy stated above all AVA member clubs must have three officers at a minimum.

2.03 STATUS AND STANDING

I. GENERAL

The status and standing of a Regular Member Club, and State Organization determine their rights and privileges.

II. POLICY

A. Regular Member Clubs and State Organizations are considered active when the club’s or organization’s membership application has been accepted and all its activities are conducted according to the provisions of the AVA Bylaws and Policies.

1. Active Member Clubs and State Organizations are considered in good standing when all debts, liabilities and obligations to the AVA have been satisfied. They may exercise all the privileges of their respective membership.

2. Active Member Clubs and State Organizations are considered not in good standing when an outstanding debt, liability, and/or obligation has not been satisfied within sixty days of the date due. A Member Club or State Organization not in good standing forfeits all rights and privileges to include the right to conduct or sponsor events. It may not vote in any state, regional or membership meeting

of the AVA. Once a Member Club or State Organization has satisfied that outstanding debt, liability and/or obligation it will be considered in good standing. Regional Directors will be given ten days to resolve club deficiencies, or identify extenuating circumstances, before a club is placed in not in good standing status.

Voting Privileges:

Each National Officer, Regional Director, State Organization and Regular Member club in good standing forty-five (45) days before the opening general session is entitled to one vote in each election and on each matter submitted to a vote of the members. The Executive Director shall have no vote. Delegates: A delegate normally represents each State Organization and Regular Member Club at the General Sessions. Each State Organization and Regular Member Club designates its delegate by completing AVA Form 500, Delegate Selection and Proxy Designation, and ensures the designated delegate registers for the Biennial Convention. The AVA National Headquarters will mail the AVA Form 500 to State Organizations and Regular Member Clubs. Alternates: State Organizations and Regular Member Clubs in good standing may designate an alternate to the Delegate by completing AVA Form 500 and ensuring the designated alternate registers for the Biennial Convention. Proxies: State Organizations and Regular Member Clubs in good standing may vote by proxy by designating a proxy on AVA Form 500. A proxy can only be given to a person certified as a delegate for the Biennial Convention. Candidates for AVA National Office or candidates for Regional Director may not carry proxies. Responsibilities: Delegates, alternates and proxies will present their copy of AVA Form 500 to the Credentials Committee at the convention, attend the convention participate in all general sessions and attend workshops. A club may transfer voting privileges to an alternate only in an emergency.

Please feel free to contact me with any questions or concerns, I am certainly available and eager to help in any way possible.

Looking Forward To Seeing Everyone In Madison, Wisconsin! 🇺🇸

Element3 Health Kick-Off Update

By Henry Rosales, Executive Director

I’m thrilled to report that on January 1, we kicked off our expanded partnership with Element3 Health and immediately started seeing exciting results. Within the first few weeks of the year, 50 people signed up to AVA self-guided events across the country. And that number keeps growing.

Every week, more Element3 Health members learn about our organization, get to know our leaders and find out how meaningful AVA is to communities and individuals. A few AVA clubs have started to generate revenue from the Element3 Health members who register for events, and Element3 Health has been a great and responsive partner to work with. If you would like to join the program, please send an email to samanta@ava.org. See more info on page 31.

We are looking forward to greeting Element3 Health at the AVA Convention in Madison, Wisconsin, from June 26 through July 3. (If you haven’t registered yet, don’t hesitate. The Madison Concourse Hotel is almost completely booked!)

President’s Message *continued from page 2*

organizing monthly ZOOM webinars that allow us all to gather in electronic space to talk about programs and issues that are of interest to us and help us all in meeting AVA’s mission. In addition, Tim was the initiator of National Walking Week in 2020 before COVID-19 messed us up. Well, National Walking Week (April 1-7) will take place again this year. Look for information from the National Office and start planning your events for that week. Thanks, Tim, for all you are doing for AVA.

I’ve kept the best for last. At the recent virtual IVV Congress, the member countries of IVV approved

the AVA’s bid to host an Olympiad in 2023. This will be the first time that an Olympiad has been held in the Americas and is a great opportunity for AVA and its member clubs to show what we do so well to the international walking community. We will be holding the Olympiad in San Antonio in February 2023 in conjunction with the Texas Trail Roundup. It is going to be awesome! So, mark your calendar and start planning your travel to be a part of our Olympiad.

OK, that’s it for this issue. I’m heading out for a walk. Stay healthy. Stay safe. 🇺🇸

HEADQUARTERS NEWS NOTES

Call To Convention

By Celia Miner, AVA Secretary

To All National Officers, Regional Directors, State Organizations, AVA Member Clubs

I hereby notify all AVA National Officers, Regional Directors, State Organizations and AVA Member Clubs of the 2021 American Volkssport Association 22nd Biennial Convention and invite you to participate. The AVA will hold the convention at the Monona Terrace Convention Center, 1 John Nolen Dr., Madison, Wisconsin, from Tuesday, June 29 through Friday, July 2, 2021, to elect officers, to receive reports of officers and committees and to conduct other business that may arise.

Voting Privileges: Each National Officer, Regional Director, State Organization, and Regular Member Club in good standing forty-five days (May 15, 2021) before the opening general session is entitled to one vote in each election and on each matter submitted to a vote of the members. The Executive Director shall have no vote.

Delegates: A delegate normally represents each State Organization and Regular Member Club at the General Sessions. Each State Organization and Regular Member Club designates its delegate by completing AVA Form 500, Delegate Selection and Proxy Designation, and ensures the designated delegate registers for the 22nd AVA Biennial Convention. The AVA National Office will mail AVA Form 500 to National Officers, State Organizations, and Regular Member Clubs.

Alternates: State Organizations and Regular Member Clubs in good standing may designate an alternate by completing AVA Form 500 and ensuring the designated alternate registers for the 22nd AVA Biennial Convention.

Proxies: State Organizations and Regular Member Clubs in good standing may vote by proxy by designating a proxy on AVA Form 500. A proxy can only be given to a person certified as a delegate for the 22nd AVA Biennial Convention. Candidates for AVA National Office or candidates for Regional Director may not carry proxies.

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

Big Hearts Give Big

By Samanta Sanchez, Communications

We can't thank you all enough for the love and support you have shown the AVA even in these difficult times. Thanks to your generosity and support, our Big Give 2020 campaign raised a total of \$104,196.02! This year's campaign has been the most successful fundraiser to date. We couldn't have done it without you. From the bottom of our hearts, **Thank you!** We also want to give a special thanks to all our Peer-to-Peer fundraisers and Match Donors. The work they do to raise funds for the AVA is so important and it is a big contributor to the success of the Big Give. Thank you all for your support.



We also want to congratulate all our Big Give Prize Winners. Congratulations are in order for our first ever Regional Challenge Winner, the Southwest Region. The Southwest Region raised the most amount of funds during this year's campaign. The winners of a *Starting Point* book or AVA t-shirt are: Kevin M. Carlson, Barbara Jacobson, Catherine Greutert, Bob Morrison, Lynn Blazek, Daniel Barnett, Theresa Booker, Carolyn Ott, Linda Dennis and Jesus Martinez III. The winners of free AVA memberships for their club members are: East Texas Trekkers, Inc., Windy City Walkers, Tecumseh Trailblazers and Ridgewalkers Walking Club. The lucky winners of an all-paid 2021 Convention registration are Helen Garamone and the Nebraska Wander Freunde Trailblazers. All winners should have received an email with details on how to claim your prize. I have only received a few responses so far from some of our prize winners. If you have not responded already, send an email to samanta@ava.org to claim your prize. Congratulations!

We want you! AVA needs volunteers in 2021

Club Development & Support

2020 was a challenging year for *America's Walking Club*, but as vaccines become available and the new partnership with Element3 Health (E3H) is activated, we have an opportunity to rebound in 2021. You can get involved in the success of your club as a new or returning volunteer. Some volunteer positions require only an hour or two, at an event or a few times a year. Others are more involved, requiring training and a serious commitment of time and energy.

Be a club greeter, a group walk leader or an "escort."

Volunteer to help your club receive and integrate new people! A club greeter is someone who welcomes participants to the event. If your club holds guided or group events, then leading a group requires a little knowledge of the trail and controlling the pace of the group. With new participants starting to come from E3H, you can volunteer to "buddy-up" and escort a new walker through your club's processes and on the trail itself, if needed.

Computer skills are always in high demand! Whether you have actual training in modern information systems, are self-taught in basic computer skills or can just use a smart phone and post photos – you can really help your club and *America's Walking Club* succeed in the 21st Century as a club webmaster, social media administrator (Facebook, Group Works, Meet-up) or by just posting your pictures of great events your club is holding.

YRE Point of Contact (POC).

Perhaps the best entry point for a reliable volunteer who can handle specific, recurring tasks is as the caretaker of a Year Round Event with a physical walk box. As a POC, you'll manage one walk box – from swapping out the new stamp at the start of the year and periodically checking the stock of supplies, to collecting the registration logs and participation numbers at the end of each quarter. The POC is listed on the AVA searchable database and may receive questions from people coming into town to do the event from time to time. You may also be



Sheila McClellan at WAF28 in 2018. AVA volunteers make the difference!

the person who interfaces, on behalf of the club, with the local business owner that hosts your box. It depends on the specific club. With many clubs now using the online start box (OSB) – the role of POC will require some computer skills and knowledge of AVA systems. Your Regional Director can assist.

Volunteer roles at Traditional Events (TE).

Easy jobs at TEs include serving as a greeter or providing event information, handing out maps at the start or checking in finishers, stamping IVV books or serving food/drinks at the finish. Staffing the registration table or collecting money at registration are also not difficult with a little training. Staffing a checkpoint (two people together is always best) also requires some training but is not hard and can be a lot of fun too. Learning to mark the walk route with signs, tape or other techniques requires more training and some practice, normally overseen by your Trailmaster, but serving as a "sweeper" who walks last and picks up all the signs is easy. Most of the roles described here are scheduled for shifts of 1-2 hours to maybe as long as 3-4 hours – but they are discrete times that normally allow you to also do the event either the same day, or at a pre-walk for volunteer workers.

Nothing we do in *America's Walking Club* happens automatically. It all depends on our volunteers. Please contribute your time and talents to our sport.



AMERICA'S WALKING CLUB
— ESTABLISHED 1976 —

LETTERS

An open letter to AVA clubs

By Sherry Sayers

I am currently the Rocky Mountain Regional Director and I've been Volksmarching since 1979. I am a founding member of the Wood and Dale Wanderers in Woodbridge, Virginia, having served as the sales specialty manager for that club; was the president of Woodland Wanderers in Colorado for 15 years; and am currently the president of the Colorado Springs Walking Club in Colorado. I have walked in 49 states and 10 countries, including Cuba just last year (what a great trip!), as well as seven Canadian provinces. I have done numerous Year Round Events (YREs) and Seasonal Events (SEs) all over the U.S., and am working on my 1,400 event book and 14,000k distance book. In other words, I love to Volksmarch (walk, as we call it now!).

That being said, I notice that clubs all over the U.S. are still telling their YRE walkers to sign up, go walk then come back to the start to stamp their books. This evidently was the policy back in the day, but in this time of COVID, this is totally unacceptable. You are now risking your walkers not once, but twice. In addition, this puts an added strain on the employees that have to stop their work to get walkers the box twice (i.e., when the box is behind the counter). I am so grateful to have the businesses that will allow us to have our boxes at their stores, such as 7-11s, Casey's, Kum & Go, Loaf n Jug, etc., as well as hotels.

This is not in the policy manual, so this is a ritual handed down for years that needs to go away. There are also some walks where you are instructed to drive to a trailhead or off-site loca-

tion, then return to the start to stamp your books. This makes no sense to me at all, and often when you are traveling, quite difficult to comply with.

This then brings up the question of checkpoints. Why are there checkpoints on YREs/SEs? From the policy manual, a checkpoint is to "monitor and help participants if necessary." Kind of hard to do that on a YRE, right? A checkpoint for YREs/SEs should be pointed out on the map as a place to use the restroom or somewhere to get refreshments, not what color is the house at such and such an address.

The bottom line is we want and need more walkers and less rules for them to follow. We do not have walk police in this organization, so let's quit making it harder for our walkers to comply with unwritten rules that make absolutely no sense. Our whole organization is based on "Fun, Fitness and Friendship," so we need to make sure we are meandering in that direction!

Thanks for taking the time to read my message. I welcome any comments or suggestions at rm_rd@ava.org. I hope to see you on the trail soon, and I cannot wait to get back to our Traditional events where we can practice our motto above. In the meantime, I plan to get out and enjoy walking our YREs/SEs across our wonderful country and hope you all will do the same.

And remember, don't return to the start after you finish your walk, except to retrieve your car. 🚗

Reconnecting through Volkswalking

By Arline LaMear

I looked at the top name on the pile of certificates in surprise. The name was Roy Bauska. Bauska was my maiden name and not a very common one. I had just completed 61 kilometers in an 18-hour walk in Vancouver, Washington. The goal was to complete as many kilometers as you could during an 18-hour period. The certificates were at the finish line, and the number of kilometers completed were written in when you finished (or folded!). I attached a post-it note to the certificate telling Roy Bauska who I was, my father's name and my grandfather's name and asking him to call if we were related.

A couple of days later I picked up the phone and heard, "Hi, this is Cousin Roy." It turned out that Roy was a cousin from Kalispell, Montana, that I had not seen since he was two years old. Through this phone call, I was also reconnected with his sister, Leslie. We had a wonderful reunion at the Peace Park on the U.S.-Canadian border where we shared a picnic lunch. We also ran into one another at various walks across the U.S. where I was always greeted with a big hug.

I'm so grateful to Volkswalking for reuniting me with "Cousin Roy." 🚗

AVA SPECIAL PROGRAMS

VOP: What IS a Virtual Walking Program?

Virtual Walking Programs/Virtual Online Programs use computer-generated maps to create routes in many far and exciting places, allowing you to convert your steps to move along a route. The routes may take you through jungles or over mountains, or even across oceans — places you couldn't actually walk. By signing up for AVA'SVOP 2021: A New Adventure Every Quarter, you will get instructions on setting up your walking account. You then either sync your pedometer, Apple Watch, Fitbit, SmartPhone, etc., or enter your steps manually. You can then follow your place on the route, learn interesting facts along the way and see others that are either ahead of you or behind you on the route.

Registration also includes being able to join your regional team to help them win the 2021 Regional Traveling Trophy Challenge. The 2020 Regional Traveling Trophy winners were the Southeast and Pacific Regions. Congratulations to you both!

What steps count, you ask? Every step you take, whether a Volkswalk, a walk in the park or in your neighborhood, shopping for groceries or at the mall, even walking in your living room with an exercise program or while rooting for your favorite team during a ballgame. Any walking, anywhere counts!

Join now to get in on the fun, see exciting places and be part of your region's team. You can join at cb.ava.org/2021_VOP.php or from Ava's home page, ava.org. Once you join, you will receive further instructions.

For more info and questions, contact Jan at vop@ava.org. 🚗

Ice Cream Parlors finishers

The following folks have finished the Ice Cream Parlors AVA Special Program in 2020:

Marianne Marshall, MA
Margie MacLeish, DE
Kathryn Piffat, MA
Joyce Le Compte, WA
Debbie Gley, CA
Bob Gley, CA
Jesse Koert, MD
Molly Hayward-Koert, MD

Joyce Hofmann, IL
Jill Ruef, WI
Cynthia Music, IN
Michelle Roberts, WA
Pam Nicholson, TX
Katherine Berry, MD
Carol McAllister, MD
Karen McGehee, OR 🚗

The IVV Olympiad

is coming to San Antonio, Texas
February 2023!

Stay tuned to the AVA Checkpoint for updates!

AVA Special Program – Great Lakes, Great Fun, Great Fitness, Great Friendships

Runs January 1, 2021 to December 31, 2023. To complete this program, you must walk 12 sanctioned events which travels along a Great Lake; or on, beside or inside a street, building, city, school or any other "physical thing" with a Great Lake name associated with it. Great Lakes are Huron, Erie, Superior, Ontario and Michigan. Examples of qualifiers would be Huron Street, Ontario City, Erie Canal or anything that uses one of the five names. The logbook requires three separate Great Lake names to be included in the 12 events. Each qualifier can only be used once in the logbook, or once in a year, whichever comes first. Upon completion, participants will receive a string backpack with the program's logo and an option to purchase an event patch. Sponsored by the Washtenaw Wanderers Volkssporting Club, in partnership with the Council of the Great Lakes Region. For details and books contact Roxie Weaver, 616-745-9624 or geiserweaver@gmail.com.





How we increased walk participation during a global pandemic

By Ellen Ott

As I recall all the things the Randolph Roadrunners did in 2020 to have a successful year, I thought I would share some of the ideas with other Volkssporters.

In spite of COVID-19, all the appropriate precautions were taken at each of our eight events. If there's not a Traditional Event scheduled for a Saturday, host a club Year Round Event (YRE).

Reach out to tour groups coming to your area. There's no better way to see a place than to take a walk. This gave the club's YRE's a boost in numbers.

Increase the number of YRE's your club has. The more YRE's you have in a variety of places the more participants. All 12 of the club's YRE's were successful with some having over 100 participants. Varying the route every year or so also helps.

Pick a special day during the year when your club can do something unique. This year the club will host Pie in the Park on March 14 which coincides with National Pi Day. At the finish each walker receives a mini pie. Perhaps you can get someone to sponsor the 50¢ mini pies from Walmart?

At the club's Christmas walk in December each of the 97 participants received a large individually wrapped cookie donated by a local bakery. There were enough cookies so they also were used as prizes for the folks who answered a Christmas riddle correctly.

Please share your ideas. Like it's been said "we are all in this together." You can contact me at ellenott@sbcglobal.net.

Next TAW deadline
April 25
for June, July and August



Eight new Texas County events

By Eveline Evans

The Texas County Walkers, in keeping with the club's stated objective of hosting seasonal YRE events in areas not served by other local area clubs, has sanctioned events in eight new locations for 2021. The new events are in the Texas panhandle. They are Roberts County (Miami), Lipscomb

The individual clubs got into the spirit of it and many supported the effort by holding events in counties surrounding their home territory. But they did not make much effort to go further afield so the effort fell through.

In 2010, Helen Bateman formed the



County (Booker), Wheeler County (Shamrock), Hemphill County (Canadian), Ochiltree County (Perryton), Hansford County (Spearman), Motley County (Matador) and Collingsworth County (Wellington). The club, for the first time, is using the AVA online start box to register for these events.

These events support the efforts of walkers to complete an event in all 254 counties of Texas. This idea of completing all the counties started back in 1999 when then TVA President Lynn Ward approved the Walk Texas t-shirt which had a map of Texas on the front. The map was "rubberized" so that the counties could be colored in with a permanent marker when the county was walked. The back of the t-shirt had the logos of the Texas clubs (a great collector's item as many of these clubs have folded).

Texas County Walkers with Helen Bateman, Deborah Carter and Bob Rountree as directors. Lesley Bowen designed the club's logo. A log book was created (not for AVA event stamps) with the 254 counties listed so you can check off the counties you've completed.

That first year the club only sanctioned two events, but they have ramped up over the years. If you would like to see a list of all the events the Texas County Walkers have sanctioned since 2010, you can visit walktx.org/TXCountyWalkers/PhotoAlbum.html, which also has links to pictures from the walks.

We invite all Volksmarchers to join in the fun of walking "Small Town" Texas. The club website is walktx.org.



Southwest Region continued on page 7

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 — Walking with America's Veterans

Runs January 1, 2021 to December 31, 2023. To complete this program you must collect 15 local veteran's monuments and memorials for "campaigns" from the Spanish American War to the present in local communities. Also targeted are the locations of veteran organizations like the VFW, American Legion or any of the other members of the National Military & Veterans Associations. Each qualifier can only be used once in an event logbook or once in a year, whichever comes first. If a logbook is used over multiple years, the new IVV/AVA stamp with a different year allows the use of the same qualifier in the same book. Upon completion, participants are eligible to receive the first AVA: America's Walking Club military challenge coin. Sponsored by the U.S. FreedomWalk Festival Club. For details and books email veterans@walkvirginia.org or call 703-583-2916.



Southwest Region

continued from page 6

Texas caves walk

By Stephanie Knight

Central Texas is home to many caves. On April 24, join the Colorado River Walkers as it hosts a Texas Caves Traditional walk in Cedar Park. It should be a beautiful time of year to experience the wildflowers and scenic trails. Two thirds of the walk will be on dirt trails through the preserves, with the remainder on neighborhood streets and sidewalks. Our trailmaster has laid out new 6k/11k routes. The area is flat, but the terrain in the preserves is rocky and uneven in places, so a walking stick comes in handy.

We're highlighting the 110-acre Discovery Well Cave Preserve on this walk. The 10 caves in this preserve are each identified by a marker, and the cave openings are protected by locked metal grates to allow water and small wildlife to come and go but prevent people from entering the caves.

species that lives in the Discovery Well caves. It is because of these endangered species that land was set aside for the cave preserves in Cedar Park. With funds from U.S. Fish and Wildlife, the city of Cedar Park contracts with a cave conservancy group to do an endangered species survey every other year. The surveyors sit at the mouth of a cave for six hours straight to observe and document the number and types of endangered species that enter or exit the cave. Then they enter the cave and document the number of endangered species found in the cave.

Several years ago, Doug Eide, a Colorado River Walker member who regularly walks through the cave preserves, lost his walking stick when his grandson accidentally dropped it into one of the grated caves. Doug later saw the surveyors and asked if they



Doug Eide, a Colorado River Walkers club member, down in a cave with a group of cave conservancy workers who monitor the endangered species population in caves in Cedar Park, Texas.

The caves in this area of Texas are called karst caverns and were formed over eons by underground waters slowly dissolving the porous layer of limestone beneath the surface. There are 750 of these caves in Williamson County, and they are part of the northern segment of the Edwards Aquifer. In the aquifer, water from the surface seeps into openings in the limestone, drips down the walls of the caves, flows through a series of underground streams and then empties through springs back into creeks on the surface. The caves in the Discovery Well Cave Preserve feed four underground streams that eventually feed into Lake Travis.

Not surprisingly, the caves have unique ecosystems, and species have evolved over time to adapt to cave life. The caves are their only habitat. One example is a rare cave beetle

had found a walking stick in one of the caves. They said they had, and they were saving it in case someone asked about it. They invited Doug to join them in checking out one of the caves the following day. Doug descended around 35 feet below the surface on his adventure!

We won't be entering any of the caves on our walk, but it is fascinating to know more about what is going on below the surface. It gives us an appreciation of the water cycle and the importance of taking care of our natural resources. Also, these cave preserves ultimately protect not only the endangered species, but also the aquifer and the water supply for central Texas and beyond.

For more info contact Doug Eide, doug.eide@yahoo.com, 512-591-1320, or coloradoriverwalkers.org.



HCV's Easter and Joshua Springs Park Walks in Comfort, Texas

By Martin Callahan

On April 3, the Hill Country Volkssportsverein is hosting its popular Easter walk in Comfort, Texas. This event is best known for its Easter egg hunt along the walk route. 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.

Hermann Altgelt established the town in 1854, near the site of an Indian village. German settlers, many of whom had a philosophy opposed to a formal local government, settled the town. The town suffered a tragic loss of life in 1862 at the Battle of Nueces when a large number of men from Comfort were killed attempting to cross into Mexico to enlist in the Union Army. After the war the bones of these Unionists were gathered and buried in Comfort, with a monument dedicated in 1866. The "Treue der Union" (Loyalty to the Union) monument is one of a few in the country that is allowed to fly the flag continually at half mast.



(l-r) Frank Dieck, Ed Roberson with Rudy, Gayle Weinraub and Elias Abdulahad stop for a picture in front of the Treue der Union (Loyalty to the Union) Civil War monument on High Street along the 2020 walk trail through Comfort, Texas. Photo by Martin Callahan.

The walk start point is the Comfort Community Park on Highway 27 west in Comfort. The traditional tasty breakfast and lunch will be available at family prices at the start point. Volkssporters will follow a trail through the historic district, past the Treue der Union monument, out to the countryside and back to the finish. Volkssporters will also have the opportunity shop in the numerous antique and handicraft shops along the route.

The 5K and 10k walk routes are rated 1+ and attractive B-awards will be available for purchase. A limited number of large, colorful Easter eggs will be hidden on the left side of the walk route. Volkssporters can exchange these eggs at the finish for a prize (limit one prize per participant).

On May 9, 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. Joshua Springs Park is about eight miles southeast of downtown Comfort. For more info on the park and a map go to kendallcountyparks.org/.

The start point is at the Joshua Springs Park, 716 FM 289, Comfort. The Kendall County Partnership for Parks will again be providing a concession for food at the start/finish point. Please support this worthwhile non-profit organization as they continue improving parks.

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 route is on the newly developed trails in the park as well as along the lake shore.

For more info on both walks contact John Bohnert, 830-496-1746 or johnbohnert63@gmail.com.

Southwest Region continued on page 8

The IVV Olympiad

is coming to San Antonio, Texas
February 2023!

Stay tuned to the AVA Checkpoint for updates!

Southwest Region *continued from page 7*

San Antonio Pathfinders' 10th Annual Tour de Castroville Walk

By Martin Callahan

The San Antonio Pathfinders is hosting its annual Volksmarch on April 10 which is an adjunct of the 10th annual Tour de Castroville walk, run and ride 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.



Doug Eide, while inside the Old Landmark Inn building museum, points at the province of Alsace on the map of France where the pioneers who settled Castroville, Texas came from. The museum was along the 2020 Tour de Castroville walk trail.

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, some displaying unique Alsatian architecture, were constructed more than 170 years ago and are still being used as residences or businesses. Note that the sign "PCH" on these historic buildings, stands for Pioneer Castroville Home. You will also have the opportunity to visit numerous antique shops, restaurants and the famous Haby's Bakery after your walk along the trail. For more info on Castroville go to castroville.com.

The 5k and 10k walk routes are rated 1A and begin at the event tent at the Castroville Regional Park, 816 Alsace Street, Castroville. Register from 8:20-11:30 a.m., finish by 2 p.m. For info on the 10th Annual Tour de Castroville go to castrovilletx.gov/tourdecastroville. Do not register on this website but at the event tent.

For info on this walk contact Mike Schwencke, 210-382-0367 or mike.schwencke@outlook.com.

Tails on the Trails

We still get an article now and then for the Tails on the Trails TAW column. We love printing about our furry walking pals, but you must submit your articles and photos in order for it to continue. So pull out the camera at your next walk, get a good photo of you and your "best friend," write a good article and send it in! We want to hear from you if you bring your family pet along for exercise and camaraderie on the trail. Tell us about your K9 walking partner.

Rules: Your dog must be a regular participant with you on your Volksmarches. The story should be no more than 500 words; include the dog's name, owner's name and address and club. Submit a photo of your dog with the story. The photo should be high resolution, about 300 dpi and 500k-1mb in size, and attached to the email. *Handwritten submissions will not be accepted.* Emailed submissions should include the photo as an attachment.

Send to taw@ava.org.

The Texas Wanderers' Caminada De Fiesta Walk

By Martin Callahan

The Texas Wanderers Volksmarch club is hosting its Caminada De Fiesta Walk event in north central San Antonio, Texas, on April 17. 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.

This year the walk trail will be through the Shady Oaks subdivision in north central San Antonio. The start point for this walk is at the Flush Juicery, 15060 San Pedro Ave., San Antonio and start time between 8-11 a.m., finish by 2 p.m.

The Shady Oaks subdivision was founded in the 1950's on land that was originally part of the Heimer Ranch. At the time it was about 10 miles north of the San Antonio city limits and was a leisurely drive to shopping downtown before more convenient shopping malls were built. The subdivision was named Shady Oaks because of the large number of oak trees there.

You will have a choice between a 6k route and a 10k route. Both routes begin on sidewalks in a high traffic area before turning into the Shady Oaks neighborhood and then going their separate ways after about 1k. Shady Oaks is very quiet with lightly traveled streets and no curbs and sidewalks.

The neighborhood has homes built on large lots from one-half to two acres. It also has interesting 1960-1970 era homes ranging from 1,500 square-feet to many thousands, often with minimal or no fences. Volkssporters will probably see white tailed deer on both routes and maybe even a goat on the 6k and several goats at a house on the 10k route.

Both routes parallel two normally dry creek beds. Volkssporters doing the 6k route will leave the neighborhood for about 1.5k before returning to Shady Oaks and staying in the neighborhood almost all of the way to the finish. Volkssporters doing the 10k route will leave Shady Oaks for about 3.5k walking through nice, more conventional neighborhoods with sidewalks and curbs along paved streets. You will then return to Shady Oaks to follow the 6k route back to the finish. Volkssporters should enjoy walking in Shady Oaks as it has a rural feeling even though it is in the center of a high growth area of San Antonio.

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



Southwest Region continued on page 9

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 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.



Southwest Region *continued from page 8*

Midland Walkabouts celebrate 20 year anniversary

The Midland Walkabout Volkssport Club will be 20 years old in March. The club was founded by Jack Rogers. Jack had lived in Fredricksburg, Texas, for many years and was active with walking clubs in the area. Fredricksburg, as most people know, is the birthplace of Volkssporting in the USA. Jack moved to the Midland area in December 2000. His wife apparently got tired of hearing him complain about not having a club in the area and told him to start one.



(l-r) Sam Sanchez, Uta Sanchez, Alex Rose, Jack Rogers and Shirley Kite.

In March, 2001, a notice went up on a bulletin board at Midland College asking for people interested in forming a walking club. The rest, as they say, is history. Twenty years later we are still here. Alex Rose is the only original charter member still active in the club. Without the determination and drive of Jack and Alex, the club would likely not have made it these 20 years.

Jack was diagnosed with MS when he was 34 years old. He recently celebrated his 90th birthday and credits his years of walking with keeping him going.

The Midland Walkabouts sponsors 12 walks ranging from the streets of Midland to Lake Colorado City State Park in the east, north to Carlsbad Caverns National Park in New Mexico and west to the Fort Davis area near the Davis Mountains. There's a little something for all. 🐾

NB Marsch-und Wandergruppe Gruene, Texas Spring Walk

By Martin Callahan

The New Braunfels Marsch-und Wandergruppe Volksmarch club is hosting a 5k and 10k walk in Gruene, Texas, this spring on Saturday, March 27. Gruene was first settled in the 1850s and was originally located three miles north of New Braunfels but is now in its city limits. In the 1880s the town was named in honor of its most prominent citizen, Henry D. Gruene. Cotton was the main source of income for Gruene until the twin disasters of the Great Depression and boll weevil blight struck in the 1920s.



John and Tina Bohnert with (l-r) Dolly, Rudy, and Livy stop for a picture in front of the Gruene Mansion built in 1872. The mansion was located near the beginning of the 2015 walk trail in Gruene, Texas. Photo by Martin Callahan.

Post-World War II highway construction bypassed the town and by the 1950s it was a ghost town. In the '70s the town went through a revival and is now a popular tourist attraction for its dance hall, craft and antique shops, raft and tube rides down the Guadalupe River, restaurants and winery. You can learn more about Gruene at gruenetexas.com.

The walk starts at the old Gruene Dance Hall that was built in 1878 and is the oldest continually operated dance hall in the state. It is also the Central Texas birthplace of the careers of many legendary country western singers and songwriters such as George Strait, Lyle Lovett and Charlie Robison. Gruene Hall was featured in the 1996 movie *Michael*, starring John Travolta and Andie MacDowell. You can learn more about Gruene Dance Hall at gruenehall.com. The dance hall is located at 1281 Gruene Rd, New Braunfels, which is at the corner of Hunter Road and Gruene Road.

Walkers will follow a trail through historic old Gruene, newer residential and retail areas and Gruene Lake Village. Gruene is on the National Register of Historic Places and many of the beautifully restored old businesses and homes you will see on the trail have been awarded a Texas medallion from the Texas Historical Commission.

For info on the club's upcoming spring walk or its Year Round event contact Jan Engel at 830-660-4935, jsengel@earthlink.net, or go to the club website muw.walktexas.org. 🐾

For info on the club's upcoming spring walk or its Year Round event contact Jan Engel at 830-660-4935, jsengel@earthlink.net, or go to the club website muw.walktexas.org. 🐾

Southwest Region continued on page 10

Kerrville Trailblazers 10k/5k walk in Ingram, Texas

By Carol Talpey

On March 20, the Kerrville Trailblazers invite you to participate in a 10k/5k walk in the Ingram City Park in Ingram, Texas, located six miles west of Kerrville on Highway 27. Ingram is a unique city of 1900 people with many older buildings made of native limestone. The walk includes several lightly traveled areas along the Guadalupe River and the Old Ingram Loop, which has a variety of boutique shops, galleries, artist workshops and its own state historic marker. The walk continues to the Hill Country Arts Foundation with outdoor art, workshops, a gallery and theater with year round productions. On the grounds of the HCAF is Stonehenge II, which is 60 percent as tall as the original and 90 percent as large in circumference. Easter Island-type statues are adjacent to the Stonehenge replica. Also on the route is a lumberyard with 15 large painted murals showing the history of Ingram. The trail passes by Ingram Elementary School, with a Little Free Library in front, for the AVA Special Program.

Start time is 8 a.m. to noon; finish by 3 p.m. The Ingram City Park does not have a street address, but is immediately after Wells Fargo Bank at 3279 Junction Highway (TX 27) in Ingram. The bank has a big sign on the left and the park entrance has a smaller sign.

The Trailblazers also offer five YRE walks. Information can be found at the Inn of the Hills Hotel, 1001 Junction Highway, (Highway 27) in Kerrville. There are many good restaurants along Highway 27. Ask us for recommendations. 🐾



Easter Island-type statue and Stonehenge replica.

Southwest Region

continued from page 9

The Randolph Roadrunners' spring walks

By Martin Callahan

The Randolph Roadrunners Volkssport club will host two walks this spring in San Antonio, Texas. The first event will be at Crownridge Canyon and the second walk is the King William Historic District and Maifest Walk in downtown San Antonio.

The first event will be a featured 6k and 10k Year Round Event (YRE) rated 2B at Crownridge Canyon Natural Area, 7222 Luskey Blvd., San Antonio, on March 14, which is National Pi Day. Pi is the symbol used in mathematics which is the ratio of

The second event will be the King William Historic District 5k and 10k trail in downtown San Antonio rated 1A, on Friday, May 14. The start time is between 3:30-6 p.m., finish by 9 p.m.

The walk start point is at the Beethoven Maennerchor Halle und Garten (Beethoven Men's Choir and Garden) at 422 Pereida Street, San Antonio. The choir was founded in 1867 and you can visit their website at beethovenmaennerchor.com.



(l-r) Steven Stechsulte, Mike Linnebur, Bonnie Resley and Suzanne Markoff stop for a picture along the 2020 King William Historic District and Maifest trail in front of the Sartor House. The house was designed by prominent San Antonio architect Alfred Giles and built in 1881. Photo by Martin Callahan.

the circumference of a circle to its diameter. You can learn more about Pi Day at piday.org/.

The 207-acre park first opened to the public in March 2006 and includes two miles of trails, a waterfall, rain-water harvesting demonstration area and a covered interpretative center and shelter with seating. Unfortunately pets are not allowed in the park portion of the walk. To learn more about the park go to sanantonio.gov/sapar/nature.asp

Volkssporters doing the 6k route will first walk through the scenic park and then a short distance out of the park through a nearby upscale neighborhood and return to the finish. Those doing the 10k trail will also walk through the park and exit the to follow the trail through some more upscale neighborhoods with beautiful homes before returning to the start point which will be staffed by club members from 8-11 a.m. A delicious mini pie will be provided free for everyone completing the walk.

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 and continues along a portion of the scenic San Antonio River Walk.

At the conclusion of the event, paid walkers will receive free admission to the May 17 Maifest (May Festival) 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.

For more info on these two walks contact Ellen Ott, 210-723-8574, ellenott@sbcglobal.net, or the club's website randolphroadrunners.info/.



Spring walks in Massachusetts and Rhode Island

By Beate Hait and Bev Lange

As we welcome spring, Walk 'n Mass Volkssport Club provides opportunities to walk and talk face-to-face (masked) by scheduling specific weekend days to walk Year Round and Seasonal events in Rhode Island and Massachusetts. With an extended, club member-staffed start window (e.g., 10 a.m. to noon), participants may register and walk on their own or arrive in time to walk at 10:30 a.m. with others who prefer to walk in a group. Go to walknmass.org for dates and locations. Face coverings are required, and please bring your own water.



On Saturday, May 15 (Armed Forces Day) we'll be hosting a Traditional Volkswalk in Devens, Massachusetts. The

One of the war memorials found around Rogers Field, the historic parade grounds.

walk will start at the Fort Devens Museum, 94 Jackson Road. Plan some extra time to explore the museum, which houses items from World War I through Vietnam. Fort Devens (originally called Camp Devens) served as the Army's New England Headquarters for 79 years. It was closed in 1996, and most of the property was conveyed to MassDevelopment, a state agency, to redevelop Devens by creating a sustainable and diverse residential and business community. Walk routes (6k and 11k) will include business and residential areas, as well as former military sites. For more info contact Bev Lange, wkearnso@gmail.com, 508-881-4811 or Bea Hait, beateh1@aol.com, 508-429-3564.

As this issue of TAW goes to print plans are underway to resurrect the Boston-Special Places route as a map-guided Traditional walk in May. This route explores some of Boston's lesser known gems that are not seen on either the Boston Freedom Trail or Back Bay Year Round Events in this visually rich and walkable city. The 10k Special Places route includes Liberty Square, the place where Alexander Graham Bell invented the telephone, the site of Massachusetts' ratification of the Constitution, the elegant Harrison Gray Otis House, Bay Village, the Custom House Tower, Chinatown and the Esplanade along the Charles River, including the Hatch Memorial Shell. For more info contact Carol Giesecke, carolclay101@gmail.com, 302-399-6334.

Northeast Region continued on page 11

AVA Special Program – Mayflower 400th Anniversary Walks

Runs January 1, 2020 through December 31, 2022. Walk 12 sanctioned walks which pass something that relates to the Mayflower, Pilgrims or any Native American to receive the color patch. There will be many qualifiers in all states. They include the surnames of the Mayflower Passengers. Example: any walk that includes a Bradford or White street, building or locale will qualify. A Mayflower hotel, a Plymouth street, or a place that refers to any Native American tribe or name will work. Any state, county or town with a Native American name qualifies. Example: anything along the Chesapeake Bay. See our Facebook page called AVA Mayflower 400th Anniversary Walks. Request books from Twin State Volkssport, c/o Carolyn Adams, PO Box 151, South Ryegate, Vermont, 05069, or email questions to carri757@gmail.com.



Northeast Region *continued from page 10*

ESCV hosts first group bike ride – and that’s just the beginning!

By Tad Darling

Wayne Knapp, president of the Empire State Capital Volkssporter’s (ESCV), had been looking for exciting ways to improve the diversity and offerings for its members. The question is “What other activities in addition to walking can we provide to our members?” Following the informative workshop on cycling by Tom Baltes and, as POC for two successful bike rides at the 2019 AVA Convention in Albany, I took the lead to develop three bike rides of varying difficulty for 2020.



Bikers turn around at the Kiwanis Park in Rotterdam to complete the second half of the Schenectady bike ride. Photo by Linda Morzillo.

The Capital District Region is blessed with extensive off-road paved bike trails and many quiet country back roads to choose from. The first ride was through the Schenectady Stockade, a stop at a lock on the historic Erie Canal, and through the Union College campus. The second ride featured a new section of the Erie Canal bike path, the new Amsterdam walking bridge over the Mohawk River and the ruins of an Erie Canal aqueduct and locks. The third ride provided a grand tour of the Saratoga National Historic Park, Hudson River and the nearby National Cemetery.

On September 5, ESCV hosted its very first group bike ride. Members of ESCV were accompanied by folks who saw the event advertised on Meet-Up and Facebook. It was a beautiful sunny day. The group started in Schenectady at the new Mohawk Harbor complex, which is a massive redevelopment of the old American Locomotive Company and Brownfield. Located along the banks of the Mohawk River, this location is a good start point to follow a route that tours the historic Schenectady Stockade, the small village of Scotia, the Erie Canal bike path, Lock 8 and Union College. Everyone had a wonderful time and looked forward to more group rides. The second group ride on September 26, was same one done at the convention at the Saratoga National Historical Park. It is a bit hilly, but everyone stuck with it on yet another beautiful sunny day. No hill on the bike ride is so steep that you can’t walk up, which our members are very experienced doing.



Schenectady bikers stop for a photo op at Lock 8 of the Erie Barge Canal. Photo by Linda Morzillo.

In addition to the three inaugural bike rides of 2020, two new bike rides will be offered during 2021. They include the beautiful Zim Smith bike trail which features a side tour of the ornate cottages of a past Methodist Camp in the Village of Round Lake, a not-to-be-missed nearby bakery and great ride all the way to Mechanicville where one can view part of the rail yard. The second ride features the new bike path from South Albany west to the Helderbergs. It starts in Albany’s Corning Preserve in downtown Albany along the banks of the Hudson River. All rides are open from April 1 to September 30 using the Online Start Box. Two group rides will be hosted this year. They include the Zim Smith Trail on May 22 and Pattersonville Erie Canal Trail on September 25. 🚴

Pandemic flexibility “Can-do” in Kent, Connecticut

By Eileen Anderson

Are you looking for an effective antidote for COVID-19 fatigue? The Connecticut Valley Volkssport Club (CVVC) offers a perfect solution. The Kent Village walks (5k/11k) take you down a beautiful Main Street, past the prestigious Kent School and along the scenic Housatonic River.

On a sunny, colorful Sunday in October, with directions for the 5k walk downloaded from AVA’s Online Start Box, my husband, Peter, and I headed out to the start point at Kent’s IGA supermarket. We’ve walked around this charming town in northwestern Connecticut many times, in spring, summer and fall, which is what inspired us to design a Volkswalk here a few years ago. But this visit was different: the pandemic had hit.

So we bypassed the loop through the campus, made up the lost kilometers of the 5k route with a new stretch along the Housatonic River, and returned to town for lunch at the Kent Pizza Garden, a favorite of ours, with take-out and outdoor dining options. Re-thinking lunch, on top of restrooms and routes, was at least not required!

But can we re-work our 10k? Yes, we can, and we did – by adding a segment (and just one more kilometer, for a total of 11k) along the wooded access road to the AT and by finding a distinctive (not a rock or tree!) turn-around point at the AT Saint Johns Ledges parking area. At our November 14 group walk, seven CVVC members successfully tested out the new 11k directions. Three of



CVVC walkers scouting out a good turn-around point on the dirt River Rd. leading to the Appalachian Trail.

For starters, we were greeted with a sign at the supermarket door saying, “No public restrooms.” We knew then, as trailmasters, that we needed to search for another restroom for our walkers. We soon discovered some at the Kent Welcome Center, along with showers, built to serve Appalachian Trail (AT) through-hikers who pass by the town each year in late summer. But more surprises awaited us.

We followed the directions to the Kent School, where the 5k route would have taken us several kilometers (and the 10k, an even greater distance) through the beautiful campus. But not today. A sign at the entrance gate halted us: “School grounds closed.” So a highlight of our walk had to be cut out, as the school sought to protect its students from the coronavirus. We would have to figure out safe and scenic alternatives for both routes.

our most ambitious walkers even decided to leave us at the turn-around point, which connects with CVVC’s AT-Housatonic River Volkswalk, to snag an additional 10 kilometers!

Our fellow Volkssporters in the Volkssport Club at West Point (VCWP) experienced similar needs for pandemic flexibility. To replace a November group walk at the restricted U.S. Military Academy at West Point, VCWP Treasurer Andrew Schmidt (and AVA Northeast Deputy Regional Director) organized 13 walkers to drive up from New York to do the Kent Village walk. Thank you, Andrew, for your can-do attitude and for your support of CVVC!

Questions about Kent? Email Eileen Anderson at eilande@comcast.net. And come join us for one of CVVC’s 2021 group walks — schedule available at avaclubs.org/cvvc. 🚴



Tulsa Walking Club hosts monthly Traditional walk events

Tulsa Walking Club is pleased to announce its spring lineup of Traditional walk events. Centennial Park in Tulsa will be the site of our March 20 event. This walk will explore some of the wonderful walking trails located near downtown Tulsa. This walk will qualify for Mayflower, the new Veterans program as well as several others.

April 17 will find us at Newblock Park on the west side of Tulsa, to discover the trails in that area. Bixby, Oklahoma, will be the location of our May 15 walk. Bixby is a suburb south of Tulsa, and will feature the Washington Irving Park and its trails.

We hope that you will come visit Tulsa. There are several Year Round events in Tulsa, so you can come for the Traditional event and do several YREs to make your own multi-event weekend.

Visit Tulsa Walking Club on Facebook for more information on any of these walks,

On a separate note, if anyone is still working on Forts, Lady Liberty, and/or Walk the USA – Street by Street, all special programs that Tulsa Walking Club has sponsored, we still have patches available, so feel free to send in your completed books and get your patch. 🍷

A bonanza of counties!

By Terri Tyler

Volkssporters are invited to the High Plains of Kansas, and the Panhandles of Oklahoma and Texas for a “Bonanza of Counties” Volkssporting events.

The Sunflower Sod Stompers of Topeka, the Tulsa Walking Club and Wandergruppe of Oklahoma City will try for the third time to host Seasonal events along the southern border of southwest Kansas, and in the Panhandle of Oklahoma. The Sod Stompers will be sponsoring walking events in the Kansas communities of Liberal, Hugoton and Elkhart. Besides these three walks, they will sponsor some swim events — dependent upon the Covid situation. The Tulsa club is hosting Seasonal walks in Buffalo and Beaver, Oklahoma, while the OKC club is sponsoring Seasonals in Guymon and Boise City. All of the above mentioned walks and swims are sanctioned only for the second quarter of 2021.

If you happen to be in Kansas near the end of April, the first of May, you will have the opportunity to acquire five more counties in the Sunflower State. The Sod Stompers will be sponsoring Traditional walks in Garden City-Finney County, Lakin-Kearny County, Syracuse-Hamilton County, Johnson-Stanton County, and Ulysses-Grant County. For more info about this Volkssporting weekend, contact Terri Tyler at tlytyler50@gmail.com.

While in this region of the High Plains, Volkssporters will be in the vicinity of eight more county Year Round events in the Texas Panhandle. The Texas County Walkers have walks sanctioned in the Texas towns of Booker, Canadian, Matador, Miami, Perryton, Shamrock, Spearman and Wellington. For more info, check the AVA website and/or email David Sheppard at dahv@earthlink.net.

Most of the above mentioned events are found in communities that are dependent upon agriculture – mostly farming and ranching. Energy production, in various forms, are also evident throughout these three states.

Although these walks are within a 75-mile radius of one another, make sure your vehicle is filled with gasoline and that you have some snacks and beverages handy. Services can be limited. While in the High Plains region, you will be in areas with altitudes ranging from 1500 to 4000 feet. Temperatures can range from cold to hot, and weather conditions can change quickly. Restroom availability could be limited in these towns. Although routes are on many streets are tree-lined, be prepared to be walking in full sun. The low humidity and the ever-blowing winds can also dehydrate the body while on the trail.

These walking opportunities have been arranged for those Volkssporters who are trying to walk counties in different states, but all walkers are invited to take part and enjoy small town America. Many of these events will have qualifiers for those AVA Special Program books. Although our walking communities are not big bustling cities, all of them have some interesting sites and histories for all participants to enjoy. The sponsoring clubs would appreciate your support for their efforts. And please patronize our walk box hosts for their cooperation and for supporting our events. If you have any questions regarding the Kansas/Oklahoma events, contact Terri Tyler at tlytyler50@gmail.com. 🍷

Walking with the angels — George Snyder, 1931-2021

Sergeant Major. This is how we knew him and how we will remember him.

Command Sergeant Major George Joseph Snyder passed away January 2, 2021, holding his wife Sharon’s hand while she sat by his side, where she always lovingly was, after 26 years of marriage. After 89 years of his sparkling blue eyes, sweet smile, and jovial sense of humor, we have lost a true American patriot — a man of integrity, deep faith and abiding love for his family, friends and country. Although his list of military awards is long and distinguished, George remained humble throughout. He possessed that rare quality which allowed him to talk to anyone — he never met a stranger.

George was born in 1931 to Alonzo Dominic Snyder and Rose Margurite Ramczyk Snyder in Oak Park, Illinois. He joined the U.S. Army at age 20 and served in the Korean War Conflict. George had a highly decorated 30-year military career and received many medals and commendations, including the Army Commendation Medal, Expert Marksman, Meritorious Service Medal and Good Conduct Medal, to name a few. He also served as an honor guard in President John F. Kennedy’s inauguration in 1961. His service to his country took him to many military bases throughout the world, including Korea, Japan and Italy.

During one of his early assignments in Japan, George met his first wife, Linda. They were married for 39 years and had three children, Nancy, Grace and Patricia. Following Linda’s passing, George married Sharon Wade in 1994.

George was not defined by his highly decorated military career alone. He received his Bachelor’s degree in history from Cameron University in Lawton, Oklahoma. He also enjoyed gardening, Volksmarching, volunteering for Holy Family Catholic Church in Lawton, Oklahoma, domestic and international travel. He received the most joy from being a host family to international Army officers during their training in Ft. Sill, Oklahoma. A few of those countries were Indonesia, Croatia, Chile, Lithuania, Georgia, Kenya, Slovenia, Moldova, Ghana, Jordan, Bangladesh, Korea, Singapore, Latvia and Hungary.



George was founding president of the Holy Family Volksmarching Club and served as president for 30 years and completed Volksmarches in all 50 states, as well as many countries. Holy Family Walkers were known for their cane shields, brat dinners and having George always there to greet and joke with walkers. Even though he had not walked for several years, his wisdom, experience and positive outlook will be missed. He is probably walking around with Will Cantrell, long time friend and Lawton Walkers trail master. George resided in Lawton, Oklahoma, for more than 50 years.



George was preceded in death by his first wife, Linda. He is survived by his wife, Sharon Snyder; his three daughters and sons-in-law, Nancy and Don Simmons, Grace and Bob Wagner, Pat and Kevin Mitchell; his grandson, Ryan Wagner; five step-children, Kevin Cherry, Kimberly Woods, Bridget Hill, George Wade, and Rachel Thorson, in addition to 13 step-grandchildren and eight step-great grandchildren.

He was buried with full military honors at Fort Sill National Cemetery, Elgin, Oklahoma. 🍷

South Central Region *continued from page 12*

MLK Weekend Louisiana Getaway

By Helen Hull

Our 2021 Louisiana Southeast Parishes kickoff over the MLK weekend got off to a good start with 15 walkers participating in the eight walks. The southwest region of Louisiana features the Creole culture as it was settled by French refugees from Canada. The area is famous for its rice, sugar cane and crawfish production.

We met in Lafayette for our first walk on Thursday afternoon. The walk centered on the historic downtown area and through the University of Louisiana at Lafayette campus.

Friday morning we headed to St. Martinville for a walk along Bayou Teche and through the Longfellow-Evangeline State Historic Site which features the Oliver Plantation House and two Creole cabins highlighting the plantation life of the 1800's. Afterward we headed to New Iberia for another walk along Bayou Teche and through its historic district.

Saturday morning it was on to Abbeville, home of Steen's Pure Cane Syrup and its historic district. Later we headed to Crowley which is known as the Rice Capital of Louisiana. The walk passed huge rice silos and featured its historic churches and residential areas.

Sunday we headed to Jennings for another walk before heading to Lake Charles and a look at last fall's hurricane damage. Although Lake Charles looks like it is recovering, hotels and eateries have been greatly impacted. Several of us arrived at our hotel with reservations in hand only to find out that the hotel is still closed for renovations. Fortunately we were able to find rooms elsewhere, but only due to cancellations.



Lake Charles — Hurricane toppled tree sculpture.

Our final walk was at Holly Beach in Cameron Parish, the hardest hit parish. Cameron is the largest parish by area but the second least populated parish in the state. Much of the parish consists of wildlife preserves and lowlands with many levees providing access to the countryside. Several of us traveled from Lake Charles to Cameron (parish seat) and passed the Cameron Prairie Wildlife Preserve which had been closed last fall. The visitor center is still closed but the Pintail Scenic drive was open. We drove through it and strolled along its half-mile boardwalk where we saw many migrating birds, but no alligators. We continued to Cameron and saw its hurricane damage and then on to Holly Beach. Most of the houses in Holly Beach have been affected by the hurricanes although they are starting to recover. We strolled along the streets and along the beach collecting some seashells.

After five days and eight walks, we were tired and ready to head back to our homes in Alabama, Colorado, Kansas and Texas. We hope you can come and check out our many walks over the coming year. Remember registration is in Scott (Lafayette) at the Microtel just south of I-10 and at the Waffle House on the north side of I-10 in Lake Charles.

Contact Helen Hull, HelenTheHun@yahoo.com or Bonnie Avonrude, MercyNurse62@hotmail.com, for remote registration and directions if you have any problems. Check our website WalkTx.org/EastTexasTrekks for more info about these events. 🌿

City trails and prairie grass

By Doris Conyers

Ah, springtime walks in southwest Missouri are just what you need. Our Dogwood Trailblazers will host two walks on April 24 with the morning event at Joplin's Mercy Park. At the time of this writing, we anticipate the afternoon event being held at the George Washington Carver National Monument near Diamond.

Mercy Park is located on the site of the former St. John's (Mercy) Hospital which was destroyed in the 2011 tornado. Paved trails have been developed along and around a small pond and designated wildflower beds. The site provides an art-in-the-park experience through sculptures provided by the Rotary Club of Joplin and the Daybreak Rotary Club, with the support of the city of Joplin and the art community. The first sculptures began to appear in September 2019 with more added in 2020.

Walkers will stroll through Joplin's oldest city park, Cunningham Park, with its Butterfly Garden, with iron frame sculptures representing neighborhood homes that were destroyed and monuments in remembrance of the tornado. From here walkers will pass through neighborhoods before following the Mohaska Trail returning to Mercy Park. The 10k walkers will walk neighborhoods on the east side of Main. Main Street displays brass markers in the sidewalk denoting the historic Midtown and Southdown Districts.

Our afternoon event is about a half-hour drive from Mercy Park and located in Newton County. All walkers must register and pay their fees at Mercy Park before driving to the George Washington Carver National Monument. Shortly after Carver's death, this monument was declared by Congress in 1943 and is the first unit of the National Park Service dedicated to an African American. Carver was born on this site about 1864. As an infant he and his mother were kidnapped by outlaws. He was found and returned to the Carver family who owned the farm while his mother was never found. Carver grew up here and spent hours in the woods collecting flowers which he studied and painted. This earned him the nickname of "The Plant Doctor." He left the farm in 1875 in pursuit of his education which ultimately led him to Tuskegee University in Alabama. He is likely best known for his work with peanuts as he discovered over 300 uses for the peanut. His words about humanity have been quoted and are located along the one-mile paved Carver Trail.

Walkers are encouraged to wear trail shoes and bring walking sticks and bug spray as we will walk a boundary trail as well within the Carver Prairie. As of this writing, we are unsure if the Visitor Center will be open due to COVID restrictions. However, inside restrooms and water will be available. Walkers will check in at tables in the breezeway. 🌿

See Oklahoma this spring

After a successful fall under Covid-19 protocols, Oklahoma City's Wandergruppe Walking Club has a busy spring planned. We have rescheduled our Seasonal Events (April, May, June) in the Panhandle counties of Texas and Cimarron (article in March 2020 TAW), and are offering two difficult-to-log counties, a new view of downtown and a visit to The Fried Onion Burger Capital.

March 13 we host walks in Harmon and Jackson counties, in the far southwest part of the state. The morning walk will be in Hollis, starting adjacent to the airport (special program). The second event will be in Altus and goes around the lake; the 10km course will include downtown. Both are county seats, but Hollis is a small, remote community and Altus is booming with an USAF base, the lake, a museum etc.

Our April 10 event will feature Oklahoma City's new 70-acre Scissortail Park, as well as the Myriad Botanical Gardens, and our famous Bricktown-Canal district. The canal, Riversport area, and newly-opened Convention Center and Omni Hotel are literally just steps from the park. The latter have added to the city's public art offerings. The hotel's *Oklahoma Sky*, is suspended artwork spanning the two atriums; the parking garage's side features multi-colored tiles entitled *What is a City But the People.* The Skydance Pedestrian Bridge and historic Union Station are also near to the park.

May 1 we'll celebrate the return of festival season with a walk in El Reno. On that day the whole city smells of the wonderful fried onion burgers for which they are famous.

Go to the AVA events page for details about the start points, start/finish time windows and points of contact. 🌿

AVA: America's Walking Club!

South Central Region *continued from page 13*

Walking our Missouri counties

By Doris Conyers

Well, 2020 did not work out for us to host group walks for our new Missouri counties as part of our campaign to sanction walks in the 115 counties. We have moved steadily so by the end of 2019, our fifth year, we succeeded in offering 82 counties. In 2020 we had to cancel group walks for nine seasonal walks. The clubs agreed to sanction again for 2021.

So, join the Dogwood Trailblazers April 9-11 for the first walking weekend in Linn in Osage County and Potosi in Washington County. We will also walk Eldon in Miller County and Vienna in Maries (Mary's) County both of which are new for 2021.

We will begin Friday afternoon in Eldon, which is included in the lake area of Lake of the Ozarks and not far from the state capitol, Jefferson City. The town was settled in the 1880's and named after a railroad official, which was not uncommon. The post office was established in 1881 and today it still is the site of one of the WPA murals. We do not want to spoil your appetite for dinner, but the Cree Mee Drive Inn claims to be the 'home of the world-famous chili dog' the one and only Cree Mee. We just happen to also walk by the Ice Cream Factory.

Saturday morning, after registering in Eldon, we drive to Vienna which is the county seat for Maries (Mary's) County. One of the first sites you will see is the Visitation Catholic Church. Vienna's population is under 1,000 but has a nice peaceful park trail circling a meadow. Maybe the spring flowers will greet us. This courthouse was built in 1940 and one of the last

public buildings built in Missouri that was partially funded by the WPA. A small park is home to the former sheriff's office and jail, both of which are on the National Register of Historic places.

From Vienna, we travel to Linn for our Saturday afternoon walk. Linn is the county seat for Osage County and is within the Jefferson City metro area. Linn is a 'mile-long' city with Main Street being Highway 50. You might encounter a hill as you leave Main Street for the park trail which runs by "No Name" Creek. No one seems to know if it has a name. Linn was settled in the 1840's. The Osage County Historical Museum, former home of Dr. Enoch and Amy Zewiki, is on the National Register of Historic Places.

On Sunday morning we drive to Potosi, which is the county seat of Washington County. It was founded between 1760-1780 and named Mine au Breton. Not sure why there is a 21-year span in its being founded. Moses Austin arrived in 1798 to open a large-scale mining operation. He renamed the town Potosi after the Bolivian town of the same name.

We hope you will join us for these four walks. A small detail that you might like is that Eldon is the only flat walk. We found hills in the other towns.

For more info contact Glen Conyers at 417-434-0977 or glenconyers@sbcglobal.net. A brochure is available that includes motel and dinner plans for Friday and Saturday nights. 🍷

Walking the counties of Missouri

By DeAnne Brown

Trusting that the COVID threat will be waning, the Missouri clubs are sponsoring this year what they wanted to have in 2020: two weekends of YREs covering 11 Missouri counties. Most of the small towns we're walking have homes listed on the National Register of Historic Places. Some of them have unique features, but all of them show off their Midwestern charm. Reserve the weekends of April 9-11 and May 28-31 (Memorial Day Weekend) to walk with us.

See the Dogwood Trailblazers article (left) for walk events for the first of these weekends. Refer to that article for more information.

Below is the schedule of walks for our second weekend, May 28-31:

- ◆ May 28, Shelbina in Shelby County, 2 p.m. Sam Walton, the founder of Walmart, lived in Shelbina.
- ◆ May 29, Paris in Monroe County, 9 a.m. Paris features an architecturally outstanding courthouse. Part of the route passes through historic Walnut Grove Cemetery.
- ◆ May 29, New London, Ralls County, 1 p.m. New London has the oldest courthouse in Missouri (1858). This town was situated on the route of the old Salt River Road in an area known for its salt licks.
- ◆ May 30, Louisiana, Pike County, 9 a.m. Louisiana offers great views of the Mississippi River and the most intact Victorian Streetscape in Missouri.
- ◆ May 30, Cuivre River State Park, Lincoln County, 1 p.m. (Cuivre is pronounced quiver.) With lots of hiking trails, Cuiver River is one of Missouri's largest and most rugged parks — a nature lover's paradise.
- ◆ May 31, Marthasville in Warren County, 9 a.m. Daniel Boone's family lived and farmed here and this area reflects his heritage. Part of the route is an out-and-back on a shady, pleasant portion of the Katy Trail.
- ◆ May 31, Montgomery City in Montgomery County, 1 p.m. Montgomery City is the hometown of Ray Moore, the creator of *The Phantom* comic strip, currently published in 583 newspapers worldwide.

Just think! Doing these walks over two weekends will, in your imagination, let you walk in some fabulous places: Vienna, Bolivia, Paris, London and the great state of Louisiana, all without leaving our home state of Missouri!

The brochure for the April weekend is finished. The brochure for the May weekend is still in production. To get April's, contact Glen Conyers, 417-434-0977 or glenconyers@sbcglobal.net. 🍷

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.



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.



How To!

PHOTOS

How To!

and graphic files

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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Rocky Mountain
 Sherry Sayers, Director
 rm_rd@ava.org



St. Patrick's Day Walk in Colorado Springs

Tired of the winter blahs — cold weather, snow, shoveling, avoiding the ice and not getting outside? Come join us for the 24th Annual St. Patrick's Day Walk with the Falcon Wanderers on March 20. You have a choice of 5k (3.1 miles) or 10k (6.2 miles) walks. We will follow COVID-19 precautions, but you can still come and be part of the Falcon Wanderers' tradition, social distancing and all.

The brochure for the walk is on the Falcon Wanderers website at falconwanderers.org. The walk will start at the Modern Woodmen of America building, lower level, 2924 N. Beacon Street. Weather permitting, we will have the registration outside, but bathrooms will be available in the building. Unfortunately, there will not be the usual hot beverages and green goodies to share.

Get Moving!

By Frank Sayers

Now, I'm no PhD or statistician, but I have noticed in my years and years of hosting Volksmarches that walkers seem to prefer new trails and new cities and new adventures over the old ones. I'm here to tell you, we've got what it takes in 2021.

Located in the Rocky Mountain Region, the Falcon Wanderers showcase their 21 in '21 local program "Wander with the Wanderers,"

where folks do 21 Year Round and Seasonal events hosted by the Falcon Wanderers (21 events), the Rocky Mountain Wanderers (13 events), and the Woodland Wanderers (21 events). These events can be found in Colorado, Montana, Utah and Arizona. Books can be ordered from Karen Seay, at 719-632-9320. You will receive a patch upon the completion of your 21 in '21 book. This program has been going strong for several years and has been quite popular with the region, so Get Moving! across the west and do your 21 events. There are enough walks out there in four different states that, for sure, you can find new places to explore.

Completely new for 2021 and located entirely in the state of Arizona, you can also do the Arizona County Seat Challenge. There is no cost for this local program, other than the jaunt to Arizona and walk signups. Walk an event in all 15 county seats in Arizona and get a free hat pin to showcase your accomplishment. There were already existing events in some of the county seats, and I added the remain-

ing counties. Find the Arizona County Seat Challenge booklet and brochure at AzStrollerS.org on the 'Highlights' menu. Make a note: IMHO, the best time for walking outside in Arizona is February through May, and October and November. The summer is way too hot (144 days over 100 degrees in 2020), and winter too cold (meaning it only gets up in the 60s). So again, Get Moving! and come visit.



The patch – Wander with the Wanderers.

How about a smaller challenge? Planning is in the works for a three-event weekend at two miles high! Coming in October, the Falcon Wanderers are hoping to host a celebration of the club's 40th anniversary with a triangle event in western Colorado, to include the towns of Leadville (10,152 ft), Buena Vista (7,965 ft) and Fairplay (9,953 ft)!



The pin – AZ County Seat Challenge.

Last year, I managed to walk in Cuba, do 20 in '20 in the Rocky Mountain Region, and walk 20 Iowa State Parks in 16 days, in addition to all the normal stuff. And I'm old, so I know you can do it.

So, Get Moving! Make 2021 a banner year for walking like you never have before!



Monument Valley Park.

The trail begins in the Roswell part of town, an old railroad stop, and will include part of the Rock Island railroad pathway and other paths and trails. The walk will also include part of Monument Valley Park and we will walk through historic neighborhoods of Colorado Springs with interesting sights to see. We hope you will join us as we try to conduct an event after a hiatus of several months due to COVID-19 restrictions.

This event qualifies for the following AVA Special Programs: Walking the USA A-Z, Little Free Libraries, Centurion Achievement Challenge and Mayflower – 400th Anniversary Walk.

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, 725 Lake Drive, Coldwater, MI 49036 tjcrabill@comcast.net, 260-409-1659.



AVA Special Program — Airports

Runs January 1, 2020 through December 31, 2023. Enjoy a scenic walk or bike trip that passes close to an airport and earn a patch to commemorate your journey! Many large airports have paths that circumscribe them, or have paths that go to designated viewing areas. Even small airports often have AVA walks that afford walkers the opportunity to see planes take off and land. And airports are everywhere. To qualify the walk must be sanctioned, but the same walk can be used different years if you desire. Walks qualify if they go to a designated airport viewing area, use a perimeter pathway, or walk in close viewing proximity to the Airport (preferably less than 1/2 kilometer). Also, please send photos so we can post an album on our club website. Walking 12 events earns you the patch. Request books from: Seneca Valley Sugarloafers, Attn: Airports, PO Box 3716, Gaithersburg, MD 20885-3716. Email airports@sugarloafers.org.



The IVV Olympiad

is coming to San Antonio, Texas
 February 2023!

Stay tuned to the AVA Checkpoint for updates!



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2021 Convention State Associations meeting

A State Association meeting has been scheduled during the 2021 Convention at 12:30 p.m. in the Monona Terrace Convention Center. This meeting is open to all AVA State Association officers and AVA Regional and Deputy Directors. The purpose of this meeting is to solicit input from State Association officers on how the AVA can better support State Associations so they can better support existing and new clubs and to update State Organizations on the AVA's top priorities in 2021.

If there is anything else you would like to discuss, please share your ideas with us. Send your comments to henry@ava.org. 

Pack your bags and book your stay at the Sheraton Hotel!

By Samanta Sanchez

The Madison Concourse Hotel in Madison is almost completely booked! We are excited and happy to learn that we will see many of you at the 2021 AVA Convention. If you plan to attend the convention and have not made your hotel reservations, consider staying at the Sheraton Madison Hotel, located just a short drive from the Monona Terrace Convention Center and downtown Madison. The AVA has secured a second block of rooms at a discounted group rate. **Note**, the Sheraton is not a full service hotel and continental breakfast is not included. Complimentary parking is included with your stay. To make a reservation call and ask for the 2021 Biennial Convention block. To receive the discounted group rate, book your reservations before May 29. After this date, our group rate will close. **For reservations call 888-625-4988. Sheraton Madison Hotel, 706 John Nolen Drive, Madison, WI 53713.** 

Cheesehead *continued from page 1*

The Baraboo Devil's Lake State Park Walk (50 miles, 57 minutes, 3C) explores the largest and most-visited state park in Wisconsin with three different routes available. The routes feature magnificent views from the 500-foot quartzite bluffs overlooking the 360-acre Devil's Lake and pass through wooded and prairie areas and include a section of the Ice Age Trail. The Lake Geneva Walk (72 miles, 1 hour 17 minutes, 2C) is equally divided between lakeside paths and historic Lake Geneva. Lake Geneva is a turn-of-the-century summer resort of wealthy families; several of their "cottages" are on the route as are other historic structures. The lake views are spectacular.

The Milwaukee Lakefront Walk (78 miles, 1 hour 14 minutes, 1A) passes through downtown Milwaukee with interesting architecture and passes the Milwaukee Art Museum with its fascinating "wings." Much of the walk is along the shore of Lake Michigan.

The Fond du Lac City Walk (78 miles, 1 hour 17 minutes, 1A) features Lakeside Park passing by a lighthouse, historic Victorian homes and a portion of downtown Fond du Lac.

The Oshkosh City Walk (87 miles, 1 hour 31 minutes, 1A) passes several historic buildings, a Civil War Monument, the location where a portion of the movie *Public Enemy* was filmed, the University of Wisconsin-Oshkosh campus, and an historic residential area. The route includes a stroll along the Fox River and Lake Winnebago – Wisconsin's largest lake.

The Cedarburg Historic City Walk (98 miles, 1 hour 35 minutes, 1A) strolls along Cedarburg's historic Main Street district which is listed on the National Register of Historic

Places, over the old Interurban railroad bridge, through many lovely city parks and through Immanuel Cemetery.

The Neenah City Walk (98 miles, 1 hour 38 minutes, 1A) follows much of the "Loop the Lake" which circles the southern part of Little Lake Buttes des Morts on trails, sidewalks and trestles offering spectacular views of the Fox River and the surrounding communities.

The Port Washington Walk (103 miles, 1 hour 39 minutes, 3A) includes significant stair climbing as it explores a marina, the shoreline of Lake Michigan, the Union Cemetery, Old St. Mary's Cemetery and the historic portion of the city.

The Appleton Walk (106 miles, 1 hour 44 minutes, 1A) follows 16 points of interest along the Fox Trot Trail highlighting Appleton's downtown and riverfront history. The route features trails and crossings along the Fox River and passes the hotel hosting visiting teams to the Green Bay Packer's Lambeau Field.

The LaCrosse Walk (143 miles, 2 hours 13 minutes, 1A) includes historic residences, old downtown LaCrosse, the riverbank of the Mississippi River and the University of Wisconsin-LaCrosse campus.

The Eau Claire Walk (179 miles, 2 hours 41 minutes, 2B) features recreational and historic areas and includes loops passing the baseball stadium where Hank Aaron began his professional career, a farmers market, a labyrinth, historic homes and the University of Wisconsin-Eau Claire campus. The walk crosses the Chippewa River three times and the Eau Claire River once. 

Oops *continued from page 1*

carefully cross on stepping stones, **Booyah**. Our walk will begin with registration at the convention hotel and a short convention bus ride to the walk start point.

Our start point is in Fireman's Park, a small neighborhood park adjoining the Middleton High School. The park is the home of the annual Good Neighbor Festival, typical of similar celebrations held annually in communities throughout Wisconsin featuring amusement park rides, craft markets and traditional food offerings. Middleton is known as the "Good Neighbor City." Middleton High School is a part of the Middleton-Cross Plains Area School District. The district includes about 7500 students in grades PK-12 and consists of seven elementary schools, two middle schools, one high school and one charter high school. We will pass the high school, the charter school and one of the middle schools.



Pheasant Branch Boardwalk.

A short distance into the walk we will enter Pheasant Branch Nature Preserve, a wide corridor along the stream protecting this beautiful natural area. A major flood occurred in August 2018, with some of the destructive power of the flooded stream still visible. We rejoin this preserve later in the walk. Leaving the preserve we will enter Middleton Hills – a master-planned community begun in 1996. The buildings primarily reflect prairie, craftsman, and bungalow style designs in keeping with Wisconsin heritage made famous by Frank Lloyd Wright. The community is pedestrian-friendly, and we will walk many of the available trails before entering Pheasant Branch Conservancy.

The Pheasant Branch Conservancy, a 550-acre oasis nearly surrounded by development, is the focal point of this walk. By preserving wetlands and an important watershed area, the Conservancy protects the water leading into Lake Mendota and the remainder of Madison's four lakes. Our route will include restored prairie areas and mature woods allowing us to enjoy the peace of this beautiful area. After rejoining the Pheasant Branch Nature Preserve, we will return to Fireman's Park and be bused back to the convention hotel for book stamping. 

AVA: America's Walking Club!



**SAY
CHEESE!**

22nd AVA BIENNIAL CONVENTION

MADISON, WI

JUNE 26-JULY 3, 2021



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

Madison convention walking options

By Don Suloff

The 2021 AVA National Convention promises exciting venues, stimulating workshops, informative presentations, enjoyable social activities, and many renewed acquaintances. But some attendees will desire more walking opportunities than the pre-convention, convention and post-convention walks will offer. For those, the Madison Area Volkssport Association (“Dairyland Walkers”) has the perfect answer – actually 18 answers! The convention walks will showcase the delights of walking in Wisconsin in general and especially in Madison but will only provide a sampling of what lies in this region. For those wishing to put more kilometers on their shoes, the area in and around Madison has much to offer in attraction and variety ... so look at these options. Within just minutes of the convention site are six delightful walks easily accessed. The parenthetical references indicate the distance and approximate time each walk is from the convention hotel and includes the trail rating. All of these walks offer long and short distance options. We will have information regarding public transportation connections and also approximate taxi fares available for those without their own transportation.

The Madison Civil War Walk (2.3 miles, 7 minutes, 2A) highlights Madison’s involvement in the Civil War, including Camp Randall and Forest Hill Cemetery. Camp Randall was a Civil War military training camp through which some 70,000 Wisconsinites and nearly 4,000 Confederate prisoners of war would pass. Forest Hill Cemetery includes two former Civil War cemeteries. The Confederate Rest (a Designated National Cemetery) is the northernmost Confederate cemetery in the United States. The walk includes part of the University of Wisconsin, Camp Randall Stadium and University Heights, an architecturally and historically important area of Wisconsin. The walk is

primarily on city sidewalks and includes steps and some moderate hills. A portion of the route is on an abandoned rail bed.

The Madison Picnic Point Walk (2.3 miles, 7 minutes, 2C, same start point as the Civil War Walk) is mostly in natural areas along the shore of Lake Mendota with panoramic views of the Capitol and the lake. The trails vary from wide and paved to narrow, rough dirt paths.

The Madison Arboretum Walk (2.8 miles, 9 minutes, 2A) offers a beautiful, scenic walk around Lake Wingra, passing a former stagecoach inn, through the 1,260-acre University of Wisconsin Arboretum, past Madison’s Henry Vilas Zoo (free admission) and past Edgewood College. This is a wonderful walk with something for the entire family.

The Monona City Walk (5.8 miles, 16 minutes, 2B) features outstanding views of Lake Monona, Wisconsin State Capitol, Monona Terrace Convention Center, the Madison skyline and beautiful historic homes and area parks.

The Middleton City Walk (7.1 miles, 18 minutes, 1B) combines the trails of Middleton’s parks, a nature preserve and a stroll through Middleton’s Historic District, which includes an 1895 railroad depot.



Confederate Rest Cemetery.

The Madison West Side Parks Walk (10.6 miles, 16 minutes, 2B) makes a large circle passing through six very different Madison city parks ranging from small neighborhood parks to much larger recreational parks to a major conservation park.

The DeForest City Walk (15.4 miles, 20 minutes, 1A) follows paved sections of the Western Green Trail along the Yahara River, passes through Veterans Park and the downtown area of DeForest, and finishes on the wide porous asphalt and boardwalk of the Upper Yahara River Trail.

For those with their own transportation and a desire for more Wisconsin walking, check out the accompanying article in this issue of the newsletter. 🍷

AVA Conventions and the 2023 Olympiad

By Jerry Wilson, Chair, Convention Committee

The 2023 IVV Olympiad has been awarded to the AVA. This is a major step in being further recognized worldwide. The IVV Olympiad takes place every two years in an IVV member country. The IVV Olympiad includes walking, swimming, cycling, and additional types of Volkssport events. The supporting program offers participants many opportunities to make and cultivate international friendships in a harmonious atmosphere. The 2023 IVV Olympiad in San Antonio, Texas, will be the 18th event held, following the rescheduled 17th IVV Olympiad in South Korea during October 2022.

With the awarding of the 2023 IVV Olympiad, the AVA National Board voted in January to not hold a 2023 AVA Biennial Convention and instead convene a national general membership meeting on a convenient 2023 date, a meeting held in accordance with association bylaws. This move is deemed necessary to provide for robust AVA member attendance at the 2023 IVV Olympiad. This allows the national office to better focus on coordinating the Olympiad while not pressing potential attendees to travel for two separate national events or travel for a greatly extended time period. To this end, 2023 convention hosting applications will not be entertained.

The 2021 AVA Biennial Convention continues to be planned for June 29- July 2, with pre-convention events June 26-29, and post-convention events on July 3. Online registration is open — see the AVA website front page. While registering be sure to follow links to the Silent Auction to enter your donation for public auction and to volunteer to support convention delivery.

The AVA Convention Committee is keeping a close eye on COVID-19 conditions and requirements in Madison. The national board in March will revisit convention plans to determine what health considerations need be adhered to, including, but not anticipating, canceling the convention, unless absolutely necessary. With an abundance of caution we approach the 2021 AVA Biennial Convention. 🍷



**AMERICA'S
WALKING CLUB**
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SE Region updates

By John McClellan

Thanks to all the Volkssporters, club members and club leaders in the Southeast Region for your support over my past six years as Deputy Regional Director and Regional Director. It has been my honor to serve and I will continue doing my best to represent you until my term ends this summer. Here are some important updates:

We need candidates to serve as SERD for the 2021-2023 term. Elections for regional director must be held between April 2 and not later than May 28. Nominations need to be submitted by April 1 and I still need one more member for the regional nominating committee that will review the applicants. Thus far, we have only one person who has expressed interest in serving as RD, but no formal nominations. If you have experience in club and AVA issues and live here in the Southeast, please consider serving.

There will also be a Special Membership video conference meeting via Zoom on March 15 at 7 p.m. (Central) to vote on the revised AVA Bylaws, before the convention. With the AVA Biennial Convention coming up in Madison, Wisconsin, (June 26-July 3) your club will need an official delegate for the General Membership Meeting. Your club will soon receive the delegate nomination form by mail. I hope all SE Regions' clubs will be represented in person at our convention, but if you need to designate a proxy, Robert and I will help you find one. As I am not a candidate for RD, I can also hold proxies at this convention.

If you have not registered for an account under my.ava.org, it is well past time. The my.ava.org portal is now your gateway to all of AVA's

online member and club services – database search, event sanctioning and the online start box (OSB). In the last year, AVA has made numerous improvements to these systems to help you list, manage and promote your events. Join us by establishing your account (login and password) now as the old style “club credentials” will soon be phased out.

Our new business partner Element3 Health (E3H) has started providing member referrals to AVA events. E3H has an online interface where participating club's Year Round events are automatically listed, and the clubs can add additional Traditional events and even social activities to the E3H calendar. If your club is not yet signed up for this exciting new program, contact me, or Samanta at the National Office to get more information.

I am happy to report that we have a group in Southwest Florida (near Ft. Myers) now actively forming a new AVA club. This club will be based in Estero, in the same general geography once covered by the Meandering Manatees. I'll keep you informed when they announce a club name and are ready to hold their first events.

Finally, *America's Walking Club* is open for business again at their new national office location – 1008 S Alamo St., San Antonio, TX 78210. You can once again send in your IVV books and any other individual or club business.

Please continue managing your club COVID safety measures and keep Robert and me informed on event status and the important issues you need assistance with.

See you on the trails! 🚶‍♂️

*Walking brings me back
to myself.*

~ Laurette Mortimer

Event Sanction Requests ...

... should be filed no later than **90 days prior** to your event! If you delay, your event may not be listed in future *TAWs*.

Mid-Florida Milers Socks for the Homeless

By Cathy Metherell

As a member of Mid-Florida Milers Walking Club for 10 years, I was elected president last year. I wondered what we, as a club, could do to give back to the central Florida community that affords us great places to walk.



Socks donated to the homeless in Orlando, FL by the Mid-Florida Milers of America's Walking Club.

Like most cities we have a homeless population mostly in our downtown area. One of our club's walks goes through downtown Orlando. I have done that walk many times. One thing I have noticed over the years doing this walk is that the homeless are in need of socks.

Over the holidays, beginning with our November walks up to New Year's, walk our club collected 400 pair of socks. They were donated to Coalition for the Homeless and Christian Service Center, both central Florida organizations that care for the homeless. Both needed socks at this time. During these uncertain times with COVID-19 and in the spirit of the season of giving, I was very happy to how see generous our members were. 🚶‍♂️

River, greenway and brewery

By Dennis Michele

Want to enjoy the return of spring with a pleasant walk along a swift flowing river? Want to enjoy the sights and sounds of the many colored birds as they return from their winter abodes? Want to savor the budding trees and blooming flowers as they awaken from their winter slumbers and greet the warmer weather? All this as you walk along the French Broad River Greenway. Add to this the scene of the change of an old raceway into a championship Velodrome and watch the intense competition of lawn bowling. And, with a little more effort, you can enjoy a brew while overlooking the river and the River Arts District.

When and where can you partake of all this? Well, join the Asheville Amblers April 24, for a Traditional event welcoming the return of spring to the Asheville area. There will be 5k, 10k and 15k options all rated 1A. The 15k option includes a trip to the New Belgian Brewery for some of the finest craft beers. Start times are 8:30 a.m. to 12:30 p.m. with everybody off the trail by 4:30 p.m. Masks and social distancing will be required. Start point will be sanitized and hand sanitizer made available to all participants. The event qualifies for the Tarheel 100 Special Program.

Register at the Carrier Park Pavilion, 220 Amboy Rd, Asheville. From I-40, take exit 47 toward West Asheville. Merge right onto I-26 West/I-240 East. Go 3/10 miles and exit right on Amboy Road (Exit 1C). Go 1/10 mile and turn right through the stone pillars into Carrier Park parking lot.

For more info and a downloadable brochure, go to ashevilleamblers.com or contact the POC at jumianc.com or 828-628-4343.

Other walks in the area are Asheville city, Black Mountain, Hendersonville, Morganton Greenway or city and Brevard Estatoe or city. Make a weekend of it! 🚶‍♂️

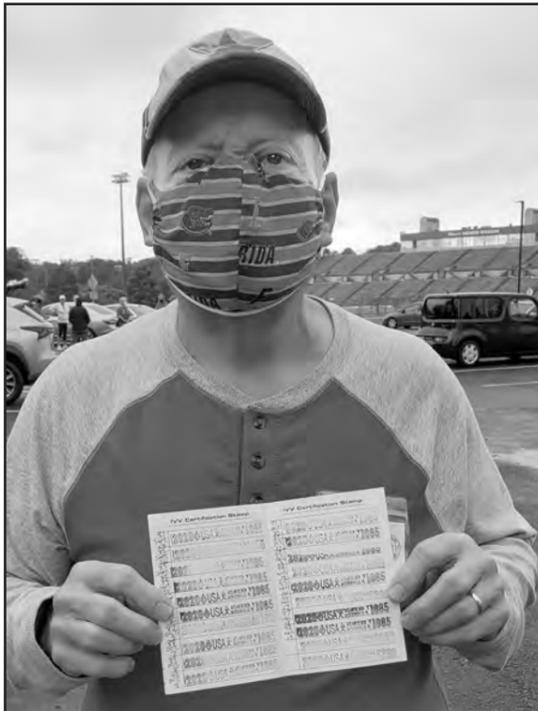
Southeast Region continued on page 19

Southeast Region *continued from page 18*

Centurion Achievement Challenge completion

By Pam Hart

The First Coast Trail Forgers (FCTF) Walking Club from northeast Florida is pleased to announce that Jim Edlin completed his book for the Centurion Achievement Challenge at our walk around the University of North Florida campus on Saturday, November 21. Jim, a lifetime AVA Associate Member is one of our most avid walkers.



Jim Edlin's with his book before his 100th walk.

Jim decided to take on the Centurion Achievement Challenge as a serious commitment to the "Fitness" aspect of AVA's Fun, Fitness, Friendship slogan. He completed 100 events in a single calendar year with 40 days to spare. This is an exciting accomplishment in a year that has brought so many challenges to so many people and many of Jim's walks were solo. Thanks to FCTF member Carolyn Ranieri for introducing Jim to our club.

Nearly Memphis

We are on track for our Nearly Memphis weekend, rescheduled for March 19–21. This five-event weekend includes three amazing Traditional events in conjunction with two local OLSB walks. We'll have the stamps and instructions for the two OLSB events on hand. Both will be considered Traditional events for the weekend.



John Gray home on Nearly Memphis route.

We are proud of our three exciting Traditional event routes in the Germantown area. Two start right out the side door of the Holiday Inn. One is the Wolf Creek Trail, a great local greenway. The other is our 6k/11k/13k Old Germantown route, which weaves throughout Germantown, offering many eateries and history. If doing the 6k/11K in Old Germantown, there is a short drive involved. The walk at Shelby Farms is set up like a figure eight, allowing you to choose either direction to start, or pick the one you'd like to complete if only doing the 5k. This walk is about a seven minute drive from the hotel.

For accommodations contact Holiday Inn Express & Suites, 7784 Wolf Trail Cove, Germantown, Tennessee. Cut off for reservations rate is February 19. Rooms are blocked under WTN. Call 901-309-6700. The Holiday Inn is the registration point for all events. There will be a BYOB social on Friday evening. Walk routes/written directions will be provided to registered participants as early as Friday. We hope you will consider donating to St Jude's Children Research Hospital while here.

For more info contact DJ Moore, 850-628-4016 or dj.tyc1949@gmail.com.



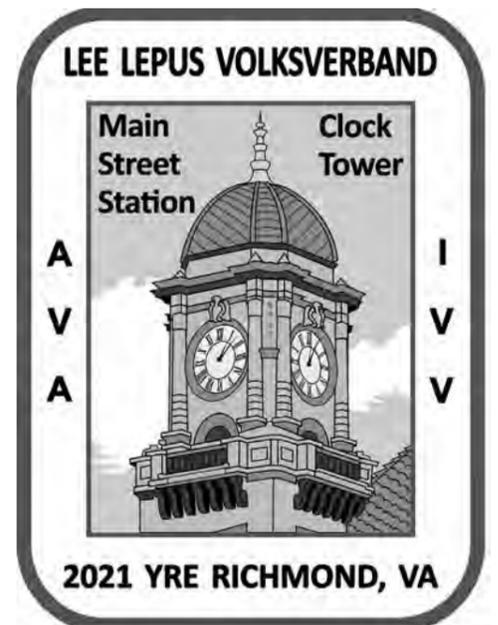
Atlantic

Mike Green, Director
at_rd@ava.org



Lee Lepus Volksverband updates You can walk with us

Lee Lepus Volksverband is going to hold its Pocahontas State Park walk on April 10. This is the walk that had been scheduled in 2020, but had to be postponed because of Covid-19. The same trail will be used and the egg shaped patch with Lee Lepus Easter Bunny will be used to keep the walk with the Easter theme. Yes, the date on the patch will say April 11, 2020 — that makes it a collector's item.



All our Year Round walks are open. The Capitol walk is open with a new trail and a new patch. This year's patch depicts the clock tower at Main Street Station. It can be seen from I-95

as well as on the walk. Farmville walk has a new trail. You will not cross the bridge now, as this trail is in the town. Lewis Ginter Botanical Park still has restrictions due to Covid-19, but you can do part of the walk. Contact the POC Chris Kelly, ce_kelly@comcast.net for additional information. Maymont and Monument (now renamed as Historic Richmond walk) is open. Contact MaryAnn Gries, 804-353-5087, for additional information. Petersburg National Battlefield Park and Pocahontas State Park can be walked at any time.

Always maintain social distancing, wash your hands and wear your mask.

We hope to see you soon, safe and well.

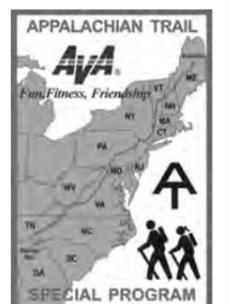
AVA Special Program — Rockin' Around the Clock

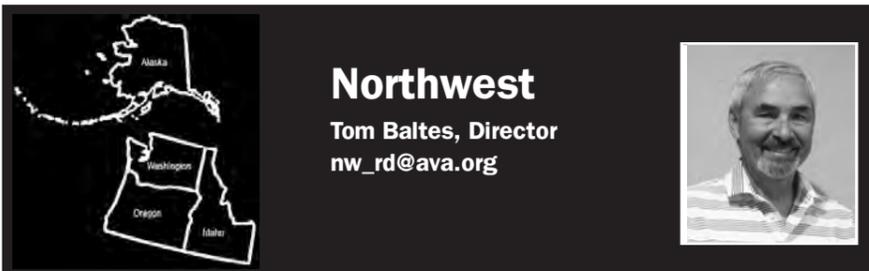
Runs January 1, 2020 through December 31, 2023. We are Rockin' around the clock! Collect 24 different town clocks or public clocks that you see while participating in Volkssport events, as well as clock shops and clock museums. Clocks inside a store or store window or in a museum will not count unless the store or museum is specifically or mainly dedicated to clocks and timepieces or the museum has a special exhibition focused on clocks or timepieces. Does not count: garden sundials, ordinary clocks inside buildings, pictures of clocks on signs, billboards, etc., display of watches or clocks for sale, other businesses that use the word clock in their name (restaurants, hotels, streets) unless they feature a public clock outside the building. For info contact Vivian Lijewski, 419-385-3904, or Faith Cataldo-Gauger, 419-350-4365 or faith@toast.net. Sponsored by and books available from: *Maumee Valley Volkssporters*, c/o: Vivian Lijewski, 4710 Glendale Ave. Suite 201, Toledo OH 43614.



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.





Northwest

Tom Baltes, Director
nw_rd@ava.org



Mid-America

Bob Buzolich, Director
ma_rd@ava.org



Walking in the Pacific Northwest

If you are looking for great walks in 2021, give some thought to visiting Olympia, Washington, the state capitol and home to the Capital Volkssport Club (CVC). The CVC is offering 21 sanctioned walks this year, each with something different to enjoy.

In addition to being the capitol, Olympia is a busy port city. The seven walks that begin in quirky downtown Olympia offer a variety of terrain, environments and difficulty levels. Water views are abundant. In addition to Puget Sound, there are many streams, rivers, springs and lakes. Some walks go through the state capitol grounds, while others go up and down hills, through historic neighborhoods and into parks.

Two walks begin in nearby Lacey. One goes through the St. Martin's University campus, a city park and along a stretch of the Woodland Trail. The other follows the Chehalis Western Trail for most of the walk. Three additional walks explore the Evergreen State College campus, parks and neighborhoods in the Ward Lake area and the lovely Tumwater Falls and Watershed Parks.

For beach lovers, the CVC offers three oceanfront walks, two that begin in Ocean Shores and one in Westport.

The rest of the walks explore some of the smaller towns in the area. Each

one has their own points of interest. Shelton, located about 25 miles north of Olympia, has some hills to climb, an interesting downtown and a lovely walk in the woods. Tenino is 17 miles to the south of Olympia and boasts an outdoor swimming pool in a rock quarry. The Centralia Historic and Chehalis Historic Walks are about 30 miles south of Olympia. Centralia has several antique stores and an outlet mall while Chehalis is the starting point of the 56 mile-long Willapa Hills Trail. Winlock is a very small town about 45 miles south of Olympia, mostly famous for having the World's Largest Egg. It has views of Mount St. Helen's and is on a dividing line between the Willapa Hills on the west and the flat prairies on the east.

Besides opportunities for walking, there are sanctioned bicycle rides on both the Chehalis Western Trail in Lacey and the Willapa Trail near Chehalis.

Don't forget there are two ways of registering for a walk: at a physical location with a traditional walk box and, for most of our walks, online at my.ava.org. Walkers can use the method that is most convenient for them.

We hope to see you this year in Olympia, Washington. 🇺🇸

Make history in eastern Kentucky during National Walking Week

Hook up with the Mid-America Regional Director in Eastern Kentucky during National Walking Week (NWW), as he conducts two guided walks in the vicinity of London, Kentucky, with a goal of generating local interest in the possible creation of one or two clubs to support Volkssporting activities in an area that has been underserved.

David Bonewitz, the president of America's Walking Club, has proclaimed the first week of April, starting on April Fool's Day, to be **National Walking Week**. The first event is Monday, April 5, at the Levi Jackson Wilderness Road Park, which is a former state park. The start is located in the parking area of the McHargue Mill at 998 Levi Jackson Mill Road, London. Event registration will be from 1-1:30 p.m. Upon completing registration event guides and trail sweeps will be assigned, and walkers will be broken into groups of 10-15 persons. The event routes incorporate historic unimproved and groomed paths with minor inclines within the Levi Jackson Wilderness Road Park. Distances offered for this event are 5k and 10k. This event is intended to be family friendly.

The second event is Tuesday, April 6, at the Little Lick Campground in the Daniel Boone National Forest. The campground address is at latitude: 36.96293569 and longitude: -84.39866715. For detailed instructions on driving to the start point download the event brochure under the Event Tab at ava.org. Event registration will be from 9-9:30 a.m. Upon completing registration event guides and trail sweeps will be assigned, and the walkers will be broken into groups of 10-12 persons. The event routes includes the historic Nathan McClure Trail and Little Lick Trail, which are both unimproved and ungroomed paths with impediments and moderate inclines that overlook the Cumberland River. Distances offered for this event are 5k and 11k. This event is intended to attract persons with a more adventurous disposition.

Both events are sanctioned and qualify for IVV credit.

Both events will have protocols in place to safely conduct events during the Covid-19 pandemic. To review these protocols, download the event brochure from under the Event Tab at ava.org.

Guides and trail sweeps are sought from throughout the Mid-America Region and anywhere else from the AVA Nation to successfully interest the local participants in Volkssporting and in the creation of a local club or clubs.

For more info check under the Event Tab at ava.org, or contact Bob Buzolich at ma_rd@ava.org. 🇺🇸

Mid-America Region continued on page 21

FEW PEOPLE KNOW HOW TO
TAKE A WALK. THE
QUALIFICATIONS ARE
ENDURANCE, PLAIN CLOTHES,
OLD SHOES, AN EYE FOR
NATURE, GOOD HUMOR, VAST
CURIOSITY, GOOD SPEECH,
GOOD SILENCE AND
NOTHING TOO MUCH.

~ RALPH WALDO EMERSON

© B QUOTES



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

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.

Mid-America Region *continued from page 20*

Mid-America Region offers a gateway to the AVA Convention

Most frequently thought of as “flyover country” by some people on the coasts, the Mid-America Region serves as the “Crossroads of America” when travelling by ground based transport to many places in the country including the AVA 2021 biennial convention in Madison, Wisconsin.

The clubs of the Mid-America Region offer many opportunities to collect stamps for the newest AVA Special Programs, i.e., Walking with Veterans and Walking the Great Lakes, with many Year Round Events just a short distance off the major interstates.

When you enter Illinois, the Windy City Walkers offer interesting events in Geneva and Downers Grove with Little Free Libraries and Walking with Veterans qualifiers. The Windy City Walkers also offer two events in Chicago with qualifiers for Walking the Great Lakes. As you cross the Mississippi from Saint Louis into Illinois, the Illinois Trekkers and Gateway Milers offer interesting events in Belleville and O’Fallon with qualifying events for Little Free Libraries and Walking with Veterans. Not to be missed in Illinois is the Illinois Trekker event in Springfield, with numerous qualifiers for Walking with Veterans around the capitol building, including a memorial to the veterans of the Spanish American War.



Memorial to Whitley County’s Fallen of the Vietnam War, as found in Columbia City, Indiana.



Memorial to the Fallen of the Spanish American War, as found in Springfield, Illinois.

When you travel through Indiana, the Hoosier Hikers, Indy “G” Walkers and Three River Strollers offer many events not far from the major interstates I-70, I-80/90, and I-69 with qualifiers for Little Free Libraries, Walking with Veterans and walking the Great Lakes. Most notable are the Indy “G” Walker events at Crown Hill Cemetery with several veteran related memorials and the event at the White River State Park in downtown Indianapolis, which takes you by the memorial for the USS Indianapolis.

Just North of the I-80/90 corridor in Michigan, the Washtenaw Wanderers and Michigan Pathfinders offer numerous events throughout the state, most notably in Lansing, which is the state capitol, Grand Haven and Saint Joseph, which all have many qualifiers for Walking with Veterans and Walking the Great Lakes.

Maumee Valley Wanders offer many events with qualifiers for Walking the Great Lakes and Walking with Veterans. Along I-70 in Ohio the Heart of Ohio Walkers, Xenia Walking Club and Ohio Wander Freunde also offer many events with qualifiers for Walking with Veterans and the Airports special program.

To get the details on the many events offered by the clubs of the Mid-America Region, check out the individual events listed in the 2021 *Starting Point* or the Event Tab at ava.org.

Walking in Springfield, Illinois in Abraham Lincoln’s footsteps

By Dee Wojtysiak

On your way to the AVA convention, or after the convention, why not do the Springfield, Illinois Year Round walk. Springfield is the capital of Illinois and has many historic places to visit. This is where Abraham Lincoln lived and worked prior to his presidency, and where he and his wife are buried. In the Central Springfield Historic District, you can visit Lincoln’s house, lawyer’s office, tomb, Abraham Lincoln Presidential Library and Museum. Other things to do include the Illinois State Museum and the Dana-Thomas House, designed by Frank Lloyd Wright.

Lincoln Home is a National Historic Site and located in a National Park. This is the only home Abraham Lincoln ever owned. Abraham and Mary Lincoln lived here from 1844 until Lincoln’s election to the presidency in 1861.

The Old State Capitol was used from 1839 to 1876 and is on the National Register of Historic Places. Abraham Lincoln served here as a state legislator and pleaded cases before the State Supreme Court. In the 1960s the building was reconstructed to its original grandeur, including the rotundas, libraries and the supreme courtroom found in this historic old capitol building.

The Dana-Thomas House was built in 1902 by the famous architect Frank Lloyd Wright. It was one of his first major Prairie-Style houses. This 12,000-square-foot home has 35 rooms and more than 250 art glass doors and windows, along with many other fine details.

All places normally have tours available, though no promises this year due to the Covid pandemic. Check with the Springfield Visitor Center. There are many more places to visit if time allows so plan to spend a couple days there. An interesting evening event is a Lincoln Haunting ghost tour. Check website for times and availability.

The Springfield downtown walk will go by all the above mentions places. The walk does include some AVA Special Events. Find them at the Illinois Trekkers’ website, illinois-trekkers.org. Register at the Capital Street Hotel, 525 North Sixth St, Springfield. Our stay found the hotel clean, mask wearing with a friendly and helpful staff.

The American Wanderer is your free advertising!

The American Wanderer (TAW) is completely volunteer written. We depend on **you** to submit articles about your club’s activities.

Keep your articles short — **less than 600 words**, and include one or two good photos with captions included at the end of your article.

Do not embed photos/graphics in your Word article. Attach them directly to your email as separate attachments.

Photos should be in jpeg or tiff format, and about 1mb (170-200 dpi) and no smaller than 3x5 inches in size. Send only copies of your **best one or two photos**.

Remember deadlines: See page two for specific dates. Also note that any changes in the events, club listings, etc. must go through the proper channels of the AVA — we cannot make those changes.

If you want to advertise, contact AVA (ava.org) for paid advertising information.

TAW email: taw@ava.org
 Note: TAW email address will only accept articles, pictures and graphics.



North Central

Butch Spaulding, Director
nc_rd@ava.org



New and improved, lots of changes to the NWFT lineup!

By Sandy Spaulding

Are you traveling through Nebraska on your way to convention in late June? You can preplan your trip and avoid starting points by logging into the Online Start Box for all of our Year Round and Seasonal walks. All but one also has a physical start box, so you can pick your option. Just don't sign into both. And check out what is new in Nebraska and western Iowa!

The Nebraska Trailblazers have added two brand new Seasonal events this year. If you are working on your Walking with America's Veterans or Little Free Libraries, the Veterans and Libraries walk is just for you. There are eight different qualifiers for the America's Veterans special program. And you can pick from 10 different Little Free Libraries on this walk through Memorial Park, Elmwood Park and Aksarban/Elmwood neighborhoods.

The Wabash Trace Nature Walk is an easy stroll along the Wabash Trace, a Rails-to-Trails Conservancy Hall of Fame Rail-trail. The Wabash earns its title, providing an amazing trip through the rural forests and countryside of southwest Iowa along a crushed rock hike/bike trail.



Rest and Read at this Little Free Library.

Some of our trails have been reimagined. You will find new routes on the Council Bluffs Black Squirrel Walk that passes three new murals depicting Council Bluffs history and beauty, as well as the historic 100 Block, old time postcards of Council Bluffs along Broadway, Bayliss Park with its black squirrels and Veterans Plaza, the Tiny Bregant House, Hay Market Square, the General Dodge House and Beresheim Home, Kaneshville Tabernacle, Squirrel Cage Jail, Union Pacific Museum and much more.

North Platte has also been updated. On this railroad city walk on the western side of Nebraska and just off I-80, you can find a Mayflower qualifier as well as a Clock and a Walking with Veterans qualifier. The walk goes across and along the South Platte River, through parks and past architecturally historic homes, a children's museum and the North Platte Canteen located along the main rail line of the Union Pacific. View historic St. Mary's Hospital, the Neville Center, the Pawnee Hotel and a fire station. The Old Lincoln Highway is part of this route as is a western mural reminding you that you are "out west."

Omaha downtown, always a favorite, is another reimagined trail. The trail goes along city sidewalks through Creighton University Campus, through the historic Old Market, past the Hot Shops Art District, and past Ameritrade Park (Home of the College World Series). You will pass life-size and larger than life-size statues and sculptures depicting the pioneers' westward movement.

Three walks that have been added to the Trailblazers roster come compliments of the Lincoln Volkssport Club which, unfortunately, closed in 2020. We hope to keep up their good works and will continue to maintain the Nebraska City Historic walk (new trail), Lincoln Capital Walk and Seward, Nebraska Sculpture walk. 🐾

The road leading to convention is through Iowa

By Susan Pinneke and Deb Gaskins

Tonight, as we are writing this, we are getting about a foot of snow in Iowa, however by Saturday it might be warm enough to rain. In Iowa, the weather can change quickly, shorts one day, a parka the next. I have even started to notice it getting lighter each day, so we know spring will be here before we know it. Our first outdoor walk will be Saturday, March 20 in Beaverdale, a lovely neighborhood of mostly brick homes (four of them are round!) and large trees. We are trying the online registration to facilitate more social distancing and safety at our events.

National Walking Week

April generally brings warmer, nicer weather to Iowa. This year, Iowa's Walking Club is planning to take advantage of the nicer, longer days to kick off our Weekday Walks program during National Walking Week, April 1-7. We have a variety of informal walks planned around the state that week. We have walks scheduled along the Mississippi in Davenport, up Mt. Trashmore in Cedar Rapids, around Marshalltown with a picnic following, and in Ames, Boone and several locations around Des Moines. There will be walks in parks, on nature trails and around town. There's something for everyone. For the most part these will not be sanctioned walks and are likely shorter than 5k, so no stamping and no fees. This is a chance to blow off the winter doldrums and get back to walking on a regular basis. It's also a chance to introduce new people to Volkssporting in a casual way and have some fun and fellowship.

County Walks

Iowa has 99 counties and we are continuing our 10-year county walking program this year with walks in 13 additional counties. Highlights for each county are as follows:

Allamakee County - Effigy Mounds National Monument: Walk among burial mounds dating back 1400 years and see spectacular views of the Mississippi River at several overlooks.

Appanoose County – Centerville: eight-block historical district and world's largest continuous town square (no stoplights or stop signs) and freedom rock.

Des Moines County – Burlington: Walk passes beautiful homes, Mississippi River and famous Snake Alley.

Dubuque County – Dubuque: Features Mississippi River views, unique architecture in the downtown area with many murals. Still need a border crossing, this one's for you.

Dickinson - Spirit Lake: Trail goes along northern portion of East Lake Okoboji through a preserved prairie, wetlands and passes the Spirit Lake Hatchery.

Howard and Mitchell Counties – Riceville: Wapsi-Great Western Line Trail and beautiful Lake Hendricks Park.

Lee and Van Buren Counties – Farmington: Shimek State Forest Preserve and Black Oak Lake.

Union County – Creston: Historic McKinley Park, Union County Historical Village and train depot and over 20 beautiful murals, and 10k is on a trail segment towards Green Valley State Park.

Warren County - Annett Nature Center and Park: Walk through prairie and wooded areas featuring an osprey observation tower and pollinator garden.

Winneshiek County – Decorah: Walk by an ice cave, the Vesterheim Museum, art sculptures and a waterfall as you discover Decorah's Norwegian heritage.

As you journey to the convention in Madison this summer, plan a stop in Iowa to do one or more of the wonderful walks we have planned for you. For more detailed descriptions or registration information, go to Iowawalkingclub.org. 🐾



AMERICA'S WALKING CLUB
— ESTABLISHED 1976 —

North Central Region continued on page 23

North Central Region *continued from page 22*

NorthStar Trail Travelers plan events in spite of COVID-19

If you think working around closed start points for your events is frustrating, try working with a state agency that has to follow the governor's orders to the letter. Such is the state of affairs when dealing with our state parks. But, in their defense, the hierarchy has been very responsive to our questions and they are satisfied that our club's COVID-19 protocol is followed at events in their parks. It has been frustrating for club planners, and probably equally frustrating for the DNR staff fielding all our emails requesting final approval of our events.

By the time you get this TAW, our snowshoe event will have been held ... completely outside as park buildings are still closed because of the coronavirus. It will be a test to see how we manage our event using our club's enclosed canopy as our only shelter ... along with a nice wood fire of course!

On May 8 NSTT will go a couple hours north of the Minneapolis-St. Paul Metro area to St. Croix State Park, the largest state park in Minnesota. Add the two great rivers – the Saint Croix and the Kettle River, both which are National Wild and Scenic Rivers – there is a lot to see and do here. We'll be able to walk natural trails, or meander along a paved bike trail, and even climb a fire tower!



A severe windstorm ripped through the park in July 2011 transforming thousands of acres of dense forest into a jumbled mess. Before settlement and logging much of the area was a pine barren, so since the blowdown, park management is in the planning process of returning it back to its natural state. The road to Clayton Lake Beach brings you through this part of the park and the paved bike trail gives you an up-close look at the progress.

Our event award even showcases the trees!

NSTT always offers a participant picnic for a donation at our events – usually brats or hot dogs over a fire, along with chips, cookies, pop and some fruit. During the coronavirus, all our food is individually packaged and a volunteer serves the walker, instead of walkers being able to pick out their own food choices. Everyone in the registration area is required to wear a face mask and to distance, although when walking on the trails, it's the walker's choice if they want to wear a mask.

Future events planned for this year include walks at Sibley State Park, July 17, and Prairie Woods Environmental Learning Center, July 18 near Willmar, Minnesota. From September 8-15 we're sponsoring a week-long club trip to Ely, Minnesota, near the Canadian border. We'll be doing a different guided walk each day including Voyageurs National Park, Boundary Waters Canoe Area Wilderness, Trezona Trail in Ely, and Bear Head Lake and Lake Vermilion Soudan Underground Mine State Parks. Participation may be limited and info will be sent electronically. On October we will hold our annual meeting guided walk at Minnesota Valley State Recreation Area near Jordan, Minnesota. After our walk, we'll enjoy a potluck lunch, a short annual meeting and door prizes!

All events, of course, are subject to COVID-19 precautions and may be cancelled at the last minute, should parks be closed because of the pandemic. But you can get up-to-date information from our website, nstt.org, or email info@nstt.org.

If you're traveling this summer, come to Minnesota! 🐾



Pacific
 Carl Cordes, Director
pa_rd@ava.org



Boulder City Veterans Park Walk

By Carl Cordes

The Las Vegas High Rollers & Strollers debuted a new Year Round walk in Boulder city January 1. Starting in the beautiful Veterans Memorial Park, this walk was created specifically for the Walk with America's Veterans Special Program. There are four qualifiers on the 5k route and one more qualifier on the 10k route. The 25-acre park is located on the south side of Boulder City and features a three-acre fishing pond and a model boat pond. It is also the site of the annual 4th of July celebration and fireworks.



Cemetery Plots with Airport in background.

Upon leaving the park you cross Veterans Memorial Drive to enter the Southern Nevada Veterans Memorial Cemetery. This 79-acre cemetery was established in 1990 and is one of two Nevada state operated Veterans Cemeteries. The grounds are lush and green with lots of trees. Memorial stones lie flat on ground for easy maintenance. There are also several Columbarium walls for cremation remains. Adjacent to the cemetery is the Boulder City Municipal Airport. While there are no commercial passenger carriers it is still the third busiest airport in Nevada. Its proximity to the Lake Mead Recreation area, Hoover Dam and the Grand Canyon make it a popular hub for private aircraft and aerial tour operations. If you are Celebrating American Flight, then this airport counts!

With the addition of this Veterans Park walk you now have three walks in and near Boulder City. The Historic Walk in Boulder City has up to three Walk with America's Veterans qualifiers depending on whether you do 10k or 12k. The Hoover Dam walk includes two qualifiers to go along with stunning views of the dam and lake. Our Physical Start Box (PSB) is located at the Boulder Dam Historic Hotel and Museum. Since you must drive to the start of the Hoover Dam or Veterans Park walks, we have also made them available via the Online Start Box (OSB).



War Dogs Memorial in Veterans Park.

Updating our story that appeared in the last TAW issue, we now have identified 18 qualifiers among eight events for the Walk with America's Veterans Special Program. When planning your visit to Las Vegas be sure to check our group walk schedule at www.LVHRS.org. We'd love to share some trail time with you! 🐾

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. Make an Olympic effort to walk for gold starting in 2018. 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.



Include an Official Entry Form (below) with each item submitted.

Biennial Publicity Contest — 2021 Rules and Submission Category Guidelines

Entry submission deadline is April 15, 2021 midnight/Central Time.

AVA: American's Walking Club

As the excitement builds for the 2021 Convention in Madison, WI, so grows the anticipation for all the interesting and unique entries in our Biennial Publicity Contest! Winners of our 2021 national competition will be recognized at the 22nd AVA Biennial Convention, June 26–July 3 in Madison, WI.

All entries must have been created or occurred during the time-period of January 1, 2019 to March 31, 2021. Specific rules and submission category guidelines are attached. A separate Official Entry Form must be submitted with each entry and this form may be reproduced as

needed. Submit your form in an envelope and attach it to the items submitted for judging. All photography category entries must include the Photo Release Form.

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

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

All submitted entries must be received electronically or arrive at the AVA National Office no later than April 15, 2021. Mail them to the American Volkssport Association, 1008 S. Alamo Street, San Antonio, TX 78210, Attention: Publicity Contest or email with the subject line "Publicity Contest Entry" to hector@ava.org.

Submission deadline for all entries is April 15, 2021

This contest is open to a club, a group of clubs, a region or a state association. Entry events/photos must have been active January 1, 2019 to March 31, 2021 to be eligible to compete in this contest. If you mail material, it must arrive at the AVA National Office no later than April 15, 2021.

AVA Publicity Awards Multi-Day Walking Weekend

Dates of event: _____
(If this is an annual event, you may include both the 2019 and 2020 events.)
Submitting club/association/region: _____
mailing address: _____
Point of contact: _____
e-mail: _____
phone: _____

Briefly describe the multi-day event (How many walks, what distances, and where? Is there an award? Did you have any activities in addition to walking? Does it coincide with a community event?)

Briefly describe how you have measured the success of your multi-day walking weekend? (for example: how many unique walkers attended? How many walks were walked? Did you attract walkers other than club members? Any from out of your area who traveled specifically to walk with you? Did you attract any new walkers? Did you get local publicity? Did you develop or strengthen partnerships with other organizations / businesses? Did the club make money/lose money/break even? If it is an annual event, is attendance increasing/staying the same/declining)

Supporting material:

The Publicity Committee will judge this category remotely, so we require that you send electronic versions of any supporting material that you want the committee to consider along with this application by April 15, 2021. Supporting material could include images of any awards offered, copies of brochures or fliers, photographs, videos or any other material you think would support your application. The preferred format is JPG or PDF. The entries will be displayed at the AVA Biennial Convention in Madison, Wisconsin, June 26–July 3. You may mail the actual materials (awards, brochures, etc.) to the AVA National Office for display or bring them with you, if you are attending the convention. If we do not have actual copies, we will display copies of your electronic files. If you mail material, it must arrive at the AVA National Office no later than April 15, 2021.

AVA Publicity Awards Special Programs

A special program is one in which a participant walks a specified number of IVV sanctioned walks in a designated category and, upon completion, is presented with an award such as a certificate, pin, medal or patch. These are similar to national special programs, such as "America A-Z" or "Little Free Libraries," although nationally sanctioned programs are not eligible for this category of publicity awards.

Name of program: _____

Start date? _____ **End date?** _____

What is the fee for this program? _____

Submitting club/association/region: _____

mailing address: _____

Point of contact: _____

Email: _____ **phone:** _____

Briefly describe the special program: (example: participants collect 21 IVV sanctioned stamps in a special book for walks in the state of Old Jersey that pass county courthouses. Upon completion, they receive a patch.)

Briefly describe how you have measured the success of this program? (example, how many walkers have enrolled? How many have completed the program? Have you seen an uptick in the numbers of walks? Have you attracted new walkers, or brought back old walkers? Has the program made money for your group? Have you attracted any publicity?)

Supporting material:

The Publicity Committee will judge this category remotely, so we require that you send electronic versions of any supporting material that you want the committee to consider along with this application by April 15, 2021. Supporting material could include the special event book, images of any awards offered, copies of brochures or fliers, photographs or any other material you think would support your application. The preferred format is JPG or PDF.

The entries will be displayed at the AVA biennial convention in Madison, WI, June 26–July 3. You may mail the actual materials (event books, awards, brochures, etc.) to the AVA National Office for display or bring them with you, if you are attending the convention. If we do not have actual copies, we will display copies of your electronic files. If you mail material, it must arrive at the AVA National Office no later than April 15,

Photo copies of entry forms accepted.

Photography

Photographs: Color and black and white taken during the period from January 1, 2019 thru March 31, 2021.

Subject Matter: People, places or things that you may have photographed while at an AVA event, club social gathering or while walking on or near a sanctioned trail. **Submission limit of three total images per person please. All three may be entered in the same competition category.**

Photos: All photos submissions must be emailed to hector@ava.org or mailed to the address below along with the photo release form. Note that all photos must be in by April 15, 2021.

Description of photograph: Include photographer's name and email address, date the image was taken and brief description of image submitted.

Judging: Judges will select winners based on technical quality, originality, creativity, interest and AVA related themes.

Deadline for submission: April 15, 2021. Entries will become the property of AVA National Office and will not be returned.

Photo Release Form: Please complete and email the Photo Release Form and include a copy with each photo submitted. If submitting printed photos please mail them, along with this form, to AVA, address below.

Photo Release Form

I give the AVA National Office permission to use my photo images and the right to reproduce photographs for educational and promotional purposes, on the AVA website, on printed materials and on other products. Please be aware that when you share photos, via digital image or otherwise, with AVA, such photos or images become the property of AVA and AVA, its legal representatives and assigns, retain the right and permission to publish any such photo or image in any written or electronic publication, including *Checkpoint* or *TAW*, on social media, websites or in audiovisual presentations, promotional literature, advertising or in any similar method. If your photo submission includes a minor please follow link to complete the liability form.

Signature: _____

Date: _____ Email: _____

Print this form and place in an envelope along with the Official Entry Form.

AVA: American's Walking Club 2021 Biennial Publicity Contest Official Entry Form

This form must accompany each entry.

Entries must arrive at AVAHQ no later than April 15, 2021 (midnight/CST)

Check the appropriate category(s) below:

____ Photography Limit of three total entries per person. All three can be entered in one category if so desired

____ People

____ Places

____ Things

____ Special Programs

____ Multi-Day Walking Weekend

(Please print or type)

Club Name _____ Region _____ AVA # _____

Address _____

City/State/Zip _____

Name of Submitter _____

Phone _____ email _____

Mail entries should use this address:

**American Volkssport Association
1008 S. Alamo Street, San Antonio, TX 78210**

March 2021



**AMERICA'S
WALKING CLUB**
ESTABLISHED 1976

AVA: America's Walking Club!



Johnie and JoAnn Laredo, Frank Ellis III, Doug Eide and Gayle Weinraub stop for a picture on the 2020 King William Historic District and Maifest trail along the San Antonio River. They are standing next to one of the few remaining old silos from the Big Tex Grain Company, which was converted into an apartment and townhome community. Photo by Martin Callahan.



Louisiana - Saturday night dinner on MLK weekend.



Memorial Park Colonnade.



CVVC walkers at the late 19th century Kent railroad station (now Kent Station Pharmacy).



Veterans Park Fishing Pond.



John and Tina Bohnert, Robert Theis, Sheri Logan, Michael Marke, Linda Goodman, Gerry Kamicka, and Nick Marke with Lucky stop for a picture along the 2020 Tour de Castroville walk trail. The house they are standing in front of is the Tondre House which was a Sears Roebuck Catalog House built in 1911. Photo by Martin Callahan.

Member Clubs, Events and IVV

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.

ARIZONA

3/14/21	GW	Phoenix Saguaro Sun Striders	Loralie Cruz loralie_c@yahoo.com	206-909-3944
3/20/21	W	Sierra Vista Thunder Mountain Trekkers	Wendy Breen plamb@wildblue.net	520-508-3889

CALIFORNIA

2/20/21	2-W	Lodi Delta Tule Trekkers	Joan Sykes deltatuletrekkers@inreach.com	209-931-0557
3/13/21	W	San Luis Obispo Central Coast Beach Boardwalkers	Ty Fredriks ty@beachboardwalkers.org	805-714-1552
4/17/21	W	Danville Bay Bandits Volksmarch Club	Pat Thomas concordpat@yahoo.com	925-405-7398

COLORADO

3/20/21	W	Colorado Springs Falcon Wanderers	Meg McDevitt margaret.mcdevitt@gmail.com	912-271-6916
6/12/21	W	Loghill Woodland Wanderers	Frank Sayers walking@woodlandwanderers.org	719-640-6744

DELAWARE

5/22/21	W	Dover First State Webfooters	Kathy Kresko FSWF.kathy@gmail.com	302-339-0097
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DISTRICT of COLUMBIA

5/8/21	W	Washington U.S. Freedom Walk Festival Club	Dolores Grenier info@USFreedomWalk.org	703-209-0174
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FLORIDA

2/6/21	W	Jacksonville First Coast Trail Forgers Walking Club	Diana Sherrill diana.sherrill3@gmail.com	904-608-4689
2/13/21	GB	Enterprise Happy Wanderers	John McClellan johnmc82@cfl.rr.com	781-686-0660
2/27/21	W	Jacksonville First Coast Trail Forgers Walking Club	Diana Sherrill diana.sherrill3@gmail.com	904-608-4689
3/13/21	W	Gainesville First Coast Trail Forgers Walking Club	Jim Edlin jedlin56@aol.com	904-537-7013
3/20/21	W	Seminole Suncoast Sandpipers Volkssport Club	Alice Lawrence pipers@tampabay.rr.com	727-542-9742
3/27/21	W	Palm Coast First Coast Trail Forgers Walking Club	Kristin Raasch kraasch1725@gmail.com	904-563-6953
4/10/21	W	Jacksonville First Coast Trail Forgers Walking Club	Kristin Raasch kraasch1725@gmail.com	904-563-6953
4/10/21	GW	St. Petersburg Suncoast Sandpipers Volkssport Club	Alice Lawrence pipers@tampabay.rr.com	727-542-9742
4/17/21	W	Christmas Mid-Florida Milers Walking Club	Michael Lanpher mlanpher@cfl.rr.com	407-695-9181
5/8/21	W	Jacksonville First Coast Trail Forgers Walking Club	Diana Sherrill diana.sherrill3@gmail.com	904-608-4689
5/9/21	2-W	Maitland Mid-Florida Milers Walking Club	Michael Lanpher mlanpher@cfl.rr.com	407-695-9181

ILLINOIS

4/3/21	GW	Saint Joseph Ridgewalkers Walking Club	Kimberly Bradley kimibradley@comcast.net	217-778-1718
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INDIANA

2/27/21	W	North Liberty Hoosier Hikers	Bob Buzolich sonofbuzz@prodigy.net	574-339-9140
3/20/21	TGW	Noblesville Indy 'G' Walkers	Cliff Terry clifferry@sbcglobal.net	317-776-1848
3/27/21	W	Lincoln City Indiana Volkssport Assn.	Cliff Terry clifferry@sbcglobal.net	317-776-1848
4/17/21	W	Vallonia Bedford Hiking Club	Teena Ligman tdligman@att.net	812-278-0139
4/24/21	TGW	Westfield Indy 'G' Walkers	Cliff Terry clifferry@sbcglobal.net	317-776-1848
5/8/21	TGW	Carmel Indy 'G' Walkers	Jim Blessing jasbless@gmail.com	317-903-4036
5/22/21	W	Metamora Whitewater Valley Walkers	Dennis Fritz ddfritz@aol.com	812-584-2687

6/5/21	TGW	Anderson Indiana Volkssport Assn.	Terry Elser elserfam@frontier.com	260-438-8975
6/12/21	W	Fort Wayne Three Rivers Strollers	Liz Winsley lizardw13@gmail.com	260-348-5922
6/19/21	W	Nashville Bloomington Flying Fish Volkssportsbtownflyingfish@gmail.com	Linda Woods Terry Elser elserfam@frontier.com	812-325-8264
8/14/21	TGW	Spencer Indiana Volkssport Assn.	Terry Elser elserfam@frontier.com	260-438-8975

IOWA

6/5/21	W	Neola Nebraska Wander Freunde Trailblazers	Dave Brown smackdb5@hotmail.com	402-669-1706
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KANSAS

2/14/21	W	Lawrence Sunflower Sod Stompers	Terri Tyler tlytyler50@gmail.com	785-233-4385
4/29-30/21	2-NS	Garden City	Terri Tyler	785-233-4385
4/30/21	W	Garden City	Sunflower Sod Stompers	
5/1/21	2-W	Syracuse	tlytyler50@gmail.com	
5/1/21	W	Lakin		
5/2/21	W	Ulysses		
5/2/21	W	Johnson		

KENTUCKY

4/5/21	GW	London	Bob Buzolich	574-339-9140
4/6/21	GW	Mount Victory	AVA - Mid-America Region	
		ma_rd@ava.org		

MARYLAND

3/27/21	2-W	Baltimore Baltimore Walking Club	Frank Kupres fkupres@comcast.net	410-592-3171
3/28/21	GW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Y. Pennington greenbeltmva@gmail.com	301-431-6668
4/10/21	W	Arbutus Columbia Volksmarch Club	Paul Lubell pd138@columbia.edu	443-612-9956
5/1/21	W	Gaithersburg Seneca Valley Sugarloafers	Janet Brown Derwood_duck@yahoo.com	240-483-5325
5/19/21	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Y. Pennington greenbeltmva@gmail.com	301-431-6668
6/5/21	W	Millersville Freestate Happy Wanderers	William Hassell wahasse1798@verizon.net	410-437-2164
6/12/21	W	Highland Columbia Volksmarch Club	John Dye johndye@comcast.net	410-290-6510
6/16/21	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Y. Pennington greenbeltmva@gmail.com	301-431-6668
6/19/21	W	Germantown Seneca Valley Sugarloafers	Tony Laing laingat@gmail.com	301-980-8932
7/21/21	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Y. Pennington greenbeltmva@gmail.com	301-431-6668
8/18/21	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Y. Pennington greenbeltmva@gmail.com	301-431-6668
8/21/21	W	Hagerstown Antietam Pathfinders Volksmarch	Ann Gwinnutt annshilling08@gmail.com	301-302-5810

MICHIGAN

2/27/21	TGW	Monroe Washtenaw Wanderers Volkssporting Club	Rob Weaver gone2run@gmail.com	616-745-9624
3/21/21	W	Birmingham Washtenaw Wanderers Volkssporting Club	Rob Weaver gone2run@gmail.com	616-745-9627
4/17/21	W	Blissfield Washtenaw Wanderers Volkssporting Club	Rob Weaver gone2run@gmail.com	616-745-9624

MINNESOTA

2/20/21	SS	Marine/St. Croix, O'Brien StPk NorthStar Trail Travelers	Wayne Heath wvheath76@gmail.com	651-269-8886
4/24/21	W	North St Paul Twin Cities Volkssport	Ken Johnson johnsonck@centurylink.net	651-774-9607
5/8/21	W	Hinckley NorthStar Trail Travelers	Wayne Heath info@nstt.org	651-249-8886
5/15/21	W	Brooklyn Park Lake Country Wanderers	Bonnie Johnson bonjohn@comcast.net	763-229-3584
5/22/21	W	Brooklyn Center Twin Cities Volkssport	Rita Holland 10ritaholland@gmail.com	763-232-9878

Event continued on page 27

Events *continued from page 26*

7/17/21	W	Willmar-Sibley State Park	Wayne Heath	651-249-8886
7/18/21	W	Willmar-Prairie Woods ELC	Wayne Heath	651-249-8886
		NorthStar Trail Travelers	info@nstt.org	
7/24/21	W	Hopkins	Valerie Stachour	612-805-7790
		Twin Cities Volkssport	vs421021@yahoo.com	
7/25/21	W	Woodbury	Ken Johnson	651-774-9607
		Twin Cities Volkssport	johnsonck@centurylink.net	
8/7/21	W	Minneapolis	Lynne Grigor	763-780-4567
		Twin Cities Volkssport	lynnedesignflow@gmail.com	
8/27/21	W	Barnesville	Bonnie Johnson	763-229-3584
		Lake Country Wanderers	bonjohn@comcast.net	
8/28/21	W	St Cloud	Lois Head	320-293-9441
		Central Minnesota Volkssports	lmhead@stcloudstate.edu	

MISSOURI

3/20/21	W	Ballwin	Cindy Stucky	636-208-3425
		Gateway Milers NFP	clstucky8890@gmail.com	
4/17/21	W	Lee's Summit	Barbara Ramsay	816-694-8598
		Pace Setters Volkssport Club	bramsay55@gmail.com	
4/24/21	W	Joplin	Glen Conyers	417-434-0977
4/24/21	W	Diamond	Dogwood Trailblazers	
		glenconyers@sbcglobal.net		
5/15/21	W	Brentwood	Cindy Stucky	636-208-3425
		Gateway Milers NFP	clstucky8890@gmail.com	

MONTANA

8/18/21	W	Lewistown	Beth Hendricks	605-381-5176
8/19/21	W	Great Falls	Black Hills Volkssport Assn.	
8/19/21	W	Ft. Benton	walkusa@rushmore.com	
8/20/21	W	Glacier Nat'l Park		
8/21/21	W	Billings		

NEBRASKA

3/6/21	W	Papillion	Karen Dix-Johnson	402-452-8422
		Nebraska Wander Freunde Trailblazers	kdix3@cox.net	
4/10/21	W	Omaha	Deb Miner	402-884-9890
		Nebraska Wander Freunde Trailblazers	deb@minerweb.com	
5/15/21	W	Ashland	Jill Champley	402-681-6745
		Nebraska Wander Freunde Trailblazers	jillchampley@cox.net	

NEW YORK

2/10/21	TGW	Schenectady	Louise Remillard	518-496-1879
		Empire State Capital Volkssporters	louisereillard3@gmail.com	
2/17/21	TGW	Slingerlands	Barb Nigro	518-224-0987
		Empire State Capital Volkssporters	barb.nigro@gmail.com	
2/24/21	TGW	Cohoes	Liz Walsh	518-265-8520
		Empire State Capital Volkssporters	lizwalsh48@gmail.com	
5/5/21	W	Saratoga Springs	Linda Morzillo	518-584-7762
		Empire State Capital Volkssporters	morzillolinda@gmail.com	
5/12/21	W	Albany	Linda Dunn	407-538-9522
		Empire State Capital Volkssporters	lindatdunn@gmail.com	
5/19/21	W	Ballston Spa	Sue Grey	518-399-0159
		Empire State Capital Volkssporters	susanbg@yahoo.com	
5/26/21	W	Schuylerville	Laverne Stiles	518-223-3750
		Empire State Capital Volkssporters	lavernestiles@msn.com	
6/2/21	W	Albany	Louise Remillard	518-496-1879
		Empire State Capital Volkssporters	louisereillard3@gmail.com	
6/9/21	W	Milton	Vera Weiss	518-399-1798
		Empire State Capital Volkssporters	vweiss@nycap.rr.com	
6/16/21	W	Gloversville	Chris Yost	518-986-6207
		Empire State Capital Volkssporters	cyost@nycap.rr.com	
6/23/21	W	Niskayuna	Beth Snyder	518-505-3525
		Empire State Capital Volkssporters	BethSnyder47@gmail.com	
6/30/21	W	Schenectady	Suzann Burke	518-399-4822
		Empire State Capital Volkssporters	svburke@nycap.rr.com	
7/7/21	W	Northville	Linda Nowak	518-391-0830
		Empire State Capital Volkssporters	pklutheran@yahoo.com	
7/14/21	W	Delmar	Wayne C. Knapp	518-469-7298
		Empire State Capital Volkssporters	waynecknapp@gmail.com	
7/21/21	W	Round Lake	Vera Weiss	518-399-1798
		Empire State Capital Volkssporters	vweiss@nycap.rr.com	
7/28/21	W	Albany	Donna Farber	518-813-4817
		Empire State Capital Volkssporters	dfarberhm@hotmail.com	
8/4/21	W	Saratoga Springs	Barbara Kolapakka	518-583-9038
		Empire State Capital Volkssporters	bkola67@gmail.com	
8/11/21	W	Niskayuna	Teresa Kennedy	518-852-8798
		Empire State Capital Volkssporters	forty6er3k@aol.com	
8/18/21	W	Altamont	Kathy Mack	518-225-3797
		Empire State Capital Volkssporters	kmack1952@gmail.com	

NORTH CAROLINA

7/24/21	GW	Valdese	Judy Michele	828-628-4343
		Asheville Amblers	jumianc@aol.com	

OHIO

3/20/21	W	Englewood	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
3/27/21	W	Vandalia	Carol Yegerlehner	937-878-8381
		Xenia Walking Club	Klockhaus@aol.com	
4/3/21	W	Fairborn	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
4/24/21	W	Cincinnati	Richard Carey	513-742-0060
		Germania Volksmarch Gruppe.	germaniavolksmarch@gmail.com	
5/8/21	W	Akron	Deva Simon	440-915-0161
		Valley Vagabonds, Inc.	deval17@aol.com	
5/29/21	W	Beavercreek	Carol Yegerlehner	937-878-8381
		Xenia Walking Club	Klockhaus@aol.com	
5/31/21	W	Fort Recovery	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
6/12/21	W	Hinckley	Deva Simon	440-915-0161
		Valley Vagabonds, Inc.	deval17@aol.com	
6/19-21/21	S	Dayton	Dawn Gruber	937-409-6975
6/19-21/21	3-W	Dayton	Ohio Wander Freunde	
		ohiomac2020@aol.com		
7/10/21	W	Bexley	Janice Fry	614-620-3288
		Heart of Ohio Hikers	janice.fry5@gmail.com	
7/17/21	W	Dayton	James Medzviega	937-435-0469
		Wandering Wheels Volkssports Club	jmedz@aol.com	
7/24/21	W	Morrow	Carol Yegerlehner	937-878-8381
		Xenia Walking Club	Klockhaus@aol.com	
8/7/21	W	Bay Village	Deva Simon	440-915-0161
		Valley Vagabonds, Inc.	deval17@aol.com	
8/21/21	W	Troy	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
8/21/21	W	Worthington	Mike Mosser	614-769-3079
		Heart of Ohio Hikers	mmosser@msn.com	
8/28/21	W	New Carlisle	Connie Bost	937-399-9204
		Tecumseh Trailblazers	beacon811@yahoo.com	

OKLAHOMA

2/20/21	W	Tulsa	Cathy Childress	918-857-4682
		Tulsa Walking Club	catherine.childress4682@gmail.com	
3/13/21	W	Altus	Clark Southard	580-475-4453
3/13/21	W	Hollis	Wandergruppe Walking Club	
		buck_pilot_06@yahoo.com		
3/20/21	W	Tulsa	Cheryl Hiatt	918-706-5493
		Tulsa Walking Club	cherylhiatt@att.net	
4/10/21	W	Oklahoma City	Anne Grenier	405-381-9359
		Wandergruppe Walking Club	Libgrenier@gmail.com	
4/17/21	W	Tulsa	Cathy Childress	918-857-4696
		Tulsa Walking Club	catherine.childress4682@gmail.com	
5/1/21	W	El Reno	Leslie Jones	405-641-0948
		Wandergruppe Walking Club	leslie.jones@cox.net	
6/12/21	W	Oklahoma City	Anne	405-381-9359
		Wandergruppe Walking Club	libgrenier@gmail.com	
8/21/21	W	Tulsa-Woodlawn Hills Mall	Cynthia Hines	918-406-6077
		Tulsa Walking Club	vetretiredclh@yahoo.com	

OREGON

2/6/21	W	Portland	Ed Hainline	360-921-1909
		Columbia River Volkssport Club	opahainline49@gmail.com	
3/11/21	TGW	Salem	Julia Westerberg	541-967-3001
		Willamette Wanderers	pjwesterberg@comcast.net	
3/13/21	W	Beaverton	Dan Webster	971-221-4994
		Cedar Milers	cedarmilerswalkingclub@gmail.com	
6/5/21	W	Brooks	Janet Epperson	209-815-0607
		Albany Fitwalkers	jeoao@aol.com	
6/12/21	W	Portland	Dick Baker	360-991-8806
		Rose City Roamers	dickbkr@q.com	
6/19/21	W	Hillsboro	Richard Koonce	503-679-9473
		Columbia River Volkssport Club	dick.koonce@gmail.com	
6/20/21	W	Jefferson	Bev Haven	541-619-8044
		Albany Fitwalkers	msbhaven60@gmail.com	
7/11/21	W	Newberg	Julia Westerberg	541-967-3001
		Willamette Wanderers	pjwesterberg@comcast.net	
7/18/21	W	Grehm	Jean Jensen	503-475-6382
		East County Windwalkers	jmjensen333@comcast.net	
8/14/21	W	Oregon City	Karen Highfield	503-573-7399
		Valley Volkswalkers	karen_highfield@hotmail.com	

PENNSYLVANIA

3/13/21	W	Audubon	Jeanne Clancy	484-432-8541
		Chester County Red Rovers	clancygirl1@verizon.net	

SOUTH CAROLINA

4/2/21	W	Greenville	Robert McDaniel	864-505-5051
		The Upstate Pathfinders	mcdanielr99@yahoo.com	
4/3/21	W	Greenville	Robert McDaniel	864-505-5051
		The Upstate Pathfinders	mcdanielr99@yahoo.com	

Clubs continued on page 28

Events *continued from page 27*

4/3/21 W Greenville Robert McDaniel 864-505-5051
The Upstate Pathfinders mcdaniell99@yahoo.com

SOUTH DAKOTA

5/15/21 W Sioux Falls Betty Vaughn 605-695-1692
Prairie Wanderers Volkssport Club sambesd@itctel.com

TENNESSEE

3/19-21/21 W Memphis dj Moore 850-628-4016
Emerald Coast Volkssport Club dj.tyc1949@gmail.com

TEXAS

2/13/21 W Gonzales Ellen Ott 210-723-8574
Randolph Roadrunners ellenott@sbcglobal.net

2/20/21 W Austin Carol Obianwu 512-771-9566
Colorado River Walkers cobianwu@utexas.edu

2/20/21 W Dallas Helen Hull 972-530-1026
Dallas Trekkers, Inc. helenthehun@yahoo.com

3/13/21 W Llano Llano Hist Dis. 830-992-7584
Volkssportverein Friedrichsburg dlroberts34@hotmail.com

3/20/21 W Ingram Robert Theis 830-896-3550
Kerrville Trailblazers talpeyc2@kctc.com

3/20/21 W Flower Mound Deborah Carter 214-549-0851
Dallas Trekkers, Inc. debwalk@earthlink.net

4/10/21 W Castroville Mike Schwencke 210-382-0367
San Antonio Pathfinders mike.schwencke@outlook.com

4/24/21 W Grand Prairie Helen Hull 972-530-1026
Dallas Trekkers, Inc. helenthehun@yahoo.com

VIRGINIA

2/13/21 TGW Manassas Tim Miner 703-583-2016
Wood and Dale Wanderers timothy.miner@walkvirginia.org

3/20/21 TGW Manassas Park Tim Miner 703-583-2916
Wood and Dale Wanderers timothy.miner@walkvirginia.org

3/27/21 W Gloucester Annette Tollett 757-814-1417
Virginia Vagabonds ahtollett3@gmail.com

4/3/21 W Manassas Tim Miner 571-212-0804
Wood and Dale Wanderers timothy.miner@walkvirginia.org

4/3/21 W Newport News Annette Tollett 757-814-1417
Virginia Vagabonds ahtollett3@gmail.com

4/10/21 W Chesterfield Dee Schrum 804-731-2863
Lee Lepus Volksverband dschrum4@comcast.net

4/17/21 W Gloucester Sandy Croushore 757-532-3468
Peninsula Pathfinders of Virginia szcroushore@verizon.net

5/15/21 W Warrenton Helen Garamone 571-243-2573
Northern Virginia Volksmarchers hkgaramone@hotmail.com

5/22/21 W Norfolk Don Bradford 757-576-0966

Gator Volksmarsch Club gvcwalker64@hotmail.com

5/29-31/21 W Waynesboro Sandy Croushore 757-532-3468

5/29-31/21 W Stuarts Draft Virginia Volkssport Assn.

5/29-31/21 W Albemarle Co. szcroushore@verizon.net

WASHINGTON

2/20-21/21 TGW Ilwaco Burt Paynter 360-798-8485
Vancouver USA Volkssporters walkeriii@comcast.net

4/3/21 W Seattle Jane Clark 206-920-2544
Emerald City Wanderers jane3883@gmail.com

4/10/21 W Bow Bill Campbell 253-735-2858
Four-Plus Foolhardy Folks kayzeta@gmail.com

4/24/21 W Tacoma Nancy Wittenberg 253-208-1331
Evergreen Wanderers newittenberg@gmail.com

5/1/21 W Olympia Julie Heath 360-264-4670
Capitol Volkssport Club ijheath@comcast.net

5/8/21 W Vancouver Bob Hall 360-369-8296
All Weather Walkers bobhallfamily@aol.com

5/8/21 TGW Everett Neil Smith 206-214-5274
Sound Steppers Volkssport Club neil.smith@comcast.net

6/5/21 W Dupont Diane Wagner 253-875-3064
Over-The-Hill-Gang Volkssport Club dianeswagner@comcast.net

7/4/21 GW Seattle Mike Nagan
Emerald City Wanderers m.nagan@comcast.net

7/4/21 W Vancouver Burt Paynter 360-798-8485
Vancouver USA Volkssporters walkeriii@comcast.net

7/9-11/21 3-W Cle Elum Margaret Stewart 425-347-6982
Four-Plus Foolhardy Folks fourplushikers.weebly.com

7/10/21 W N Bonneville Dick Baker 360-991-8806
All Weather Walkers dickbkr@q.com

7/17/21 W Lakewood Charles Repik 253-582-7474
Evergreen Wanderers crepik@aol.com

7/24/21 W Everett Neil Smith 206-214-5274
Sound Steppers Volkssport Club neil.smith@comcast.net

7/31/21 W Bonney Lake Nancy Wittenberg 253-208-1331
Daffodil Valley Volkssport Association newittenberg@gmail.com

8/7/21 W Bellingham Washington Tom Wallace 360-491-5560
NW Tulip Trekkers wallnett@aol.com

8/28/21 W Port Ludlow Jane Holmes 760-496-8610
Four-Plus Foolhardy Folks fourplushikers.weebly.com

WEST VIRGINIA

4/18/21 GW Hapers Ferry Dolores Grenier 703-209-0174
U.S. Freedom Walk Festival Club info@USFreedomWalk.org

WISCONSIN

5/15/21 W Belleville Don Suloff 608-821-0263
Madison Area Volkssport Assn. suloff@tds.net

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

Click on Event Search menu tab, on the drop down menu click on



America's Walking Club - Associate Membership Form



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

All memberships include a subscription to The American Wanderer (4 issues/year)

Lifetime Member

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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

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 International Individual (\$35/year) International Family/Friends (\$45/year)

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I would like to receive my TAW newspaper by:

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Do not share my information.

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Charge my credit card: Mastercard Visa

Discover American Express

Card number _____ Expiration ____ / ____ CVC Code ____

Signature _____ (on back of card)

GroupWorks referral/Name of club _____ Club # _____

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

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(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).

IVV EVENT AWARDS

10 Events

D'Arcangelis Deborah Colonie NY
Tree Connie Tampa FL

30 Events

Boy Sheri Whitewood SD
Crouch Ben St Peters MO
D'Arcangelis Deborah Colonie NY
Delle Suzanne York PA
Horst Anne Rapid City SD
Kaufman Karen CamdenWy DE
Knight Stephanie Austin TX
Tree Connie Tampa FL

50 Events

D'Arcangelis Deborah Colonie NY
Grigor Lynne Fridley MN
Henderson Janet West Lake OH
Kent Vicki Joplin MO
Knight Stephanie Austin TX
Medlin Kyle jacksonville FL
Staton Hamilton Garlene Springboro OH
Tatro Melissa Kent WA

75 Events

D'Arcangelis Deborah Colonie NY
Grigor Lynne Fridley MN
Knight Stephanie Austin TX
Spencer Colleen Vancouver WA
Spencer Thomas Vancouver WA
Wood Donna Richmond TX

100 Events

D'Arcangelis Deborah Colonie NY
Erwin Irene Madison WI
Grigor Lynne Fridley MN
Knight Stephanie Austin TX
Palm Robert Columbia MD
Spencer Colleen Vancouver WA
Spencer Thomas Vancouver WA
Wood Donna Richmond TX

125 Events

D'Arcangelis Deborah Colonie NY
Fenster Nancy N Potomac MD
Fenster David N Potomac MD
Grigor Lynne Fridley MN
Knight Stephanie Austin TX
Palm Robert Columbia MD
Peppers Theresa Wildomar CA
Pratt Jr. Frank Buffalo WY

150 Events

Bollen Grant Harrisburg PA
Burch Susie Piqua OH
Burch Dean Piqua OH
D'Arcangelis Deborah Colonie NY
Fenster David N Potomac MD
Fenster Nancy N Potomac MD
Grigor Lynne Fridley MN
Hite Jennifer Arlington VA
Mason Michael Laurel MD

175 Events

D'Arcangelis Deborah Colonie NY
Grigor Lynne Fridley MN
Mason Doris Fredericksburg VA

200 Events

Grigor Lynne Fridley MN
Lawrence Gladys Lancaster OH

225 Events

Bergt Joann Tulsa OK

Froelich Carol Tumwater WA
Grigor Lynne Fridley MN
Lawrence Gladys Lancaster OH
Reinbrecht Kimberly Olympia WA

250 Events

Berg Jennifer Kent WA
Bown Dick Black Hawk SD
Capp Michael Havre de Grace MD
Capp Susan Havre de Grace MD
Froelich Carol Tumwater WA
Grigor Lynne Fridley MN
Johnson Laura Karnes City TX
Levers Billy Sauk City WI

275 Events

Bown Kathy Black Hawk SD
Capp Michael Havre de Grace MD
Capp Susan Havre de Grace MD
Freeburne Sharon Central Point OR
Grigor Lynne Fridley MN
Johnson Ken Maplewood MN
Nigro Barbara Schenectady NY
Tucker Jeanne Arvada CO

300 Events

Allen Jack Reading MA
Capp Michael Havre de Grace MD
Capp Susan Havre de Grace MD
Freeburne Sharon Central Point OR
Grigor Lynne Fridley MN
Moen Ronald Barberton OH
Nigro Barbara Schenectady NY
Stoneback Gary Federal Way WA
Tucker Jeanne Arvada CO

325 Events

Capp Susan Havre de Grace MD
Conner Theresa Bothell WA
Friedrich Zori Gold River CA
Grigor Lynne Fridley MN

350 Events

Capp Susan Havre de Grace MD
Conner Theresa Bothell WA
Friedrich Zori Gold River CA
Grigor Lynne Fridley MN
Haven Bev Jefferson OR
Hinderman Karen Bellingham WA
Kent Steve Joplin MO
Sprenger Rosemary Madison WI

375 Events

Clements Denis Lewes DE
Conner Theresa Bothell WA
Grigor Lynne Fridley MN
Hinderman Karen Bellingham WA
Kent Steve Joplin MO
Kresnicka Ronald Green Valley AZ
Prewitt David Universal Cy TX
Schwencke Kathy San Antonio TX

400 Events

Erickson R Paul Maitland FL
Grigor Lynne Fridley MN
Hinderman Karen Bellingham WA
Lawrence Vernon Lancaster OH

425 Events

Galloway Debra Austin TX
Grigor Lynne Fridley MN
Lawrence Vernon Lancaster OH
Peeck William Rochester NY
Standridge Debra 9 Mile Falls WA
Weber Harold Athens GA
Weber Marie Athens GA

450 Events

Green Tamara Greenville OH
Grigor Lynne Fridley MN
Lawrence Vernon Lancaster OH

475 Events

Cox Cameron Webster NY
Cox Susan Webster NY
Grigor Lynne Fridley MN
McClure Alecia Superior CO
Schwencke H Mike San Antonio TX

500 Events

Black Kay Swanton OH
Damiani Roy Sagamore Bch MA
Grigor Lynne Fridley MN
Sheppard David Mesquite TX
Yost Chris Scotia NY

525 Events

Bryant Franja Bellevue WA
Grigor Lynne Fridley MN
Sheppard David Mesquite TX

550 Events

Brown Troy Federal Way WA
Bryant Franja Bellevue WA
Sheppard David Mesquite TX
Thur Jane Florissant MO
Webert Sue-Lon Vashon WA

575 Events

Stucky Thomas St Louis MO
Webert Sue-Lon Vashon WA

600 Events

Stucky Thomas St Louis MO
Webert Sue-Lon Vashon WA

650 Events

Glanzer Jay Rapid City SD
Ridge William Harleysville PA
Ruef Jill Prairie Du Sac WI

700 Events

Pugmire Linda Shoreline WA
Ridge William Harleysville PA
Terrill Gary Springfield VA
Tree James San Antonio TX

750 Events

Pugmire Linda Shoreline WA
Tree James San Antonio TX

800 Events

Lange Brenda Lansing KS
Quesnell June Cottage Grove WI
Tree James San Antonio TX

850 Events

Cooper Robert Clyde NC
Damiani Patricia Sagamore Bch MA
Genter Lynn Leavenworth KS
McClellan Sheila Port Orange FL
Tree James San Antonio TX
Ward Allan Sundance WY

900 Events

Cooper Robert Clyde NC
Duffman Trudy O'Fallon IL
McMahon Susan Elk Grove Village IL

Nelson Ken Happy Valley OR
Tree James San Antonio TX

950 Events

Carter Deborah Mesquite TX
Kolapakka Barbara Saratoga Sprgs NY
Tree James San Antonio TX

1000 Events

Belts Tamara Bellingham WA
Tree James San Antonio TX

1050 Events

Banton Andrew Olathe KS
Belts Tamara Bellingham WA
Bottorff Eunice Ann Arbor MI
Corrigan Don Des Moines IA
Tree James San Antonio TX

1150 Events

Ellsberg Patrick Vancouver WA
Hines Cynthia Tulsa OK

1200 Events

Hildreth Phyllis Fridley MN

1250 Events

Medlin Susan San Antonio TX
Ogur Sherry Mountlake Terr WA

1300 Events

Breen Nancy Sierra Vista AZ

1350 Events

Breen Nancy Sierra Vista AZ

1400 Events

Ponse Hans Woodbridge VA

1450 Events

Ohl Jean Vancouver WA
Ponse Hans Woodbridge VA

1500 Events

Grenier Anne Tuttle OK
Lofswold Gary Sioux Falls SD
Lowell William Smithfield VA
Ohl Jean Vancouver WA

1600 Events

Johannesen Diane Sundance WY
Pollard John Fayetteville NC

1700 Events

Cieslak Theodore San Antonio TX

1800 Events

Baltes Louise Camas WA
Ramsay Christopher Belton MO

1900 Events

Nuss Barbara Sacramento CA
Ponse Shirley Woodbridge VA
Ramsay Barbara Belton MO

IVV Event Awards

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2100 Events

Westcott Debra Salem OR
Westcott James Salem OR

2200 Events

Morrison Sheila Olympia WA
Warhol John Puyallup WA

2300 Events

Yother Leslie Leavenworth KS

2600 Events

Michele Dennis Fairview NC
Walden Paul Vancouver WA
Warhol Carolyn Puyallup WA

2700 Events

Eberhart Kenneth Va Beach VA

2800 Events

Eberhart Kenneth Va Beach VA

2900 Events

Heller Patricia Schertz TX

3000 Events

Heller Patricia Schertz TX

3100 Events

Heller Patricia Schertz TX

3200 Events

Heller Patricia Schertz TX
Penta Maureen Long Branch NJ

3300 Events

Penta Maureen Long Branch NJ

3400 Events

Malaski Ray Oracle AZ

3600 Events

Chazen Martin Manassas VA

3700 Events

Waibel K. Gale Silver Sprg MD

3800 Events

Waibel K. Gale Silver Sprg MD

3900 Events

Jackson Thomas Biglerville PA
Waibel K. Gale Silver Sprg MD

4000 Events

Hendricks Beth Rapid City SD
Waibel K. Gale Silver Sprg MD

4200 Events

Chioli Judith Columbia MD

4400 Events

Kaiser Charles Brick NJ

5200 Events

Waibel Klaus Silver Sprg MD
Yother Lucy Leavenworth KS

5300 Events

Waibel Klaus Silver Sprg MD

5400 Events

Waibel Klaus Silver Sprg MD

21000 Events

Westcott James Salem OR

IVV DISTANCE AWARDS

425 KM

Hendricks Jeffrey Rapid City SD

500 KM

Barbour John Glen Burnie MD
Carnahan Mary Glen Burnie MD
Cox Lois Geneva IL
D'Arcangelis Deborah Colonie NY
Grigor Lynne Fridley MN
Henderson Janet West Lake OH
Horst Anne Rapid City SD
Knight Stephanie Austin TX
Spencer Colleen Vancouver WA
Spencer Thomas Vancouver WA
Thoelke Teresa Louisiana MO
Tree Connie Tampa FL

1000 KM

D'Arcangelis Deborah Colonie NY
Grigor Lynne Fridley MN
Klimaszewski Pat Anderson SC
Knight Stephanie Austin TX
Manfredi John Belleville IL
Tree Connie Tampa FL

1150 KM

Patrick Nancy Pompano Bch FL

1500 KM

Bollen Grant Harrisburg PA
Burch Susie Piqua OH
D'Arcangelis Deborah Colonie NY
Grigor Lynne Fridley MN
Hite Jennifer Arlington VA
Reinbrecht Kimberly Olympia WA

2000 KM

Grigor Lynne Fridley MN
Mason Michael Laurel MD
Palm Robert Columbia MD
Peeck Wendy Rochester NY

2500 KM

Capp Susan Havre de Grace MD
Froelich Carol Tumwater WA
Grigor Lynne Fridley MN
Lawrence Gladys Lancaster OH
Nigro Barbara Schenectady NY
Tucker Jeanne Arvada CO

3000 KM

Esker Barbara Pasadena MD
Galloway Debra Austin TX
Grigor Lynne Fridley MN
Stoneback Linda Federal Way WA

3500 KM

Clements Denis Lewes DE
Conner Theresa Bothell WA
Grigor Lynne Fridley MN
Gross Jim La Crosse IN

4000 KM

Erickson R Paul Maitland FL
Grigor Lynne Fridley MN
Hinderman Karen Bellingham WA
Kent Steve Joplin MO
Lawrence Vernon Lancaster OH
McClure Alecia Superior CO

4500 KM

Grigor Lynne Fridley MN
Prewitt David Universal Cy TX

5000 KM

Bolander Rebekah Lebanon MO
Davis Joyce Kerrville TX
Sheppard David Mesquite TX

5500 KM

Bryant Franja Bellevue WA
Damiani Roy Sagamore Bch MA
Duffman Trudy O'Fallon IL
Lange Brenda Lansing KS
Ridge William Harleysville PA
Webert Sue-Lon Vashon WA

6000 KM

Cooper Robert Clyde NC
Edwards Catherine Venice FL
Piffat Kathryn Danvers MA
Stucky Thomas St Louis MO
Webert Sue-Lon Vashon WA

6500 KM

Brown Troy Federal Way WA
Puttick George Columbus OH

7000 KM

Korejwo Henry Henderson NV
Marke Michael San Antonio TX

8000 KM

Pugmire Linda Shoreline WA

9000 KM

Hines Cynthia Tulsa OK
Kolapakka Barbara Saratoga Sprgs NY
McClellan Sheila Port Orange FL

10000 KM

Banton Andrew Olathe KS
Belts Tamara Bellingham WA
Ellsberg Patrick Vancouver WA
Varnon Janet Greenfield MA
Ward Allan Sundance WY

11000 KM

Baillie Harold Sierra Vista AZ

12000 KM

Carter Deborah Mesquite TX
Medlin Susan San Antonio TX

13000 KM

Elser Cheryl New Haven IN
Hildreth Phyllis Fridley MN

14000 KM

Johannesen Diane Sundance WY
Ohl Jean Vancouver WA

15000 KM

Swanson Helen Danville VA
Tree James San Antonio TX

16000 KM

Lofswold Gary Sioux Falls SD
Tree James San Antonio TX

17000 KM

Ramsay Barbara Belton MO
Tree James San Antonio TX

18000 KM

Cieslak Theodore San Antonio TX
Ramsay Christopher Belton MO
Tree James San Antonio TX

19000 KM

Vanderwoude Carol Everett WA

20000 KM

Baltes D Louise Camas WA

21000 KM

Romig Carol Mililani HI
Westcott Debra Salem OR
Yother Leslie Leavenworth KS

22000 KM

Piffat Joseph Danvers MA
Romig Carol Mililani HI

24000 KM

Conyers Doris Joplin MO
Conyers Glen Joplin MO
Rheinstrom Gordon Ft Monroe VA

25000 KM

Warhol Carolyn Puyallup WA

30000 KM

Eberhart Kenneth Va Beach VA

40000 KM

Johnson Bonita Fridley MN

45000 KM

Hudson Brooke Hurst TX

60000 KM

Waibel Klaus Silver Sprg MD

85000 KM

Miles Kenneth Tulsa OK

Element3 Health, Inc. partnership update

Over the past few months, you have gotten to know Element3 Health (E3H), which has been partnering with us to offer free virtual clubs during the pandemic. Many of our AVA walking clubs have already joined the Element3Health network to boost attendance at events and hopefully build club capacity.

In the past issue of the *Checkpoint*, we announced our expansion of engagement with Element3 Health. This new initiative will allow Element3 Health to market all AVA Seasonal, Year Round (YRE), and Traditional events to their members. We had a great turnout during last month's Element3 Health informational webinar and we have seen more and more clubs interested in enrolling in the program.

There will be no cost or additional administrative burden to our clubs when an Element3 Health member participates. When an Element3 Health (E3H) member attends a YRE/Seasonal event they will sign the registration log and check the E3H box under the Participation Category, then take a map and go walk. E3H will be responsible to make sure their members have signed an electronic waiver before they are advised where to find the walk box. The waivers will be sent electronically to the National Office where they will be archived so clubs do not need to worry about this. E3H will reimburse the AVA \$1 for every YRE/Seasonal event each of their members attends and the AVA will credit club accounts the full \$1 at the end of each quarter. E3H will track the number of member participants and send a report with the reimbursements to the AVA. Clubs also need to report the number of E3H member participants in their YRE/Seasonal quarterly reports.

When an E3H member attends a Traditional or group walk, the E3H member will identify themselves as an E3H member and should be allowed to participate without paying the \$3 registration fee because they are E3H sponsored walkers. E3H will reimburse the AVA \$3 for each group walk, Traditional and social event that an E3H member participant attends and the AVA will credit clubs the full \$1.75 at the end of each quarter. (Currently, Traditional events are not marketed in the E3H system, however the goal is to eventually get them in this system.) If a club wants to market event information for Traditional, social and other events the club must join the E3H network. Clubs must report E3H member participation for socials and other non-walking events in the ESH system in order to get reimbursed. Clubs do not need to be a member of the E3H network to get reimbursed the \$1.75 for Traditional events but they do need to report these numbers to the AVA with their traditional event reports under the Free/E3H category.

In addition, E3H has offered to pay any additional map printing costs that clubs might incur as a result of their members attending club YRE, Seasonal, and Traditional events.

It is important to emphasize, E3H participants are not free walkers. They are sponsored by Element3 Health. All Clubs need to do is enter the number of E3H participants in their online participation reports for YRE/Seasonal and Traditional events under the Free/E3H category. Clubs will also continue to report free walkers under this same category (Free/E3H). We understand the current fee for YRE/Seasonals is \$1.75, however these are new referrals, individuals who would not have attended your walks had they not been referred by E3H. This fee will be reviewed in May and renegotiated with E3H as necessary. The immediate goal is to generate more participation and revenues for clubs. Long term we hope some of these participants become volunteers and club members.

Joining the Element3 Health network is not required for clubs to benefit from this program. However, we highly encourage clubs to join the Element3 Health network so clubs can maximize the benefits of this program. If you would like to join the program, please send an email to samanta@ava.org.

Element3 will email participating clubs a log-in credential. We encourage all participating clubs to log into your Element3 Health account and review the platform. If there are any questions on how to use the platform or questions on how to make any changes, we encourage you to schedule a 1:1 call with Element3 Health.

Walk A Mile A Day

Small habits repeated daily can go a very long way. For example, **walking for just a mile a day** may not seem much at first, but if you walked a mile every day for a year, **by the end of the year you would have walked 365 miles** – in ten years you would have walked 3,650 miles.

Imagine the benefits to your body, your respiratory system, your heart, your muscles, your joints and your weight, if you were to walk **just one mile a day.**

~ MotiveWeight.Blogspot.com

Where to send your TAW article

Got a good article you would like to see in *The American Wanderer*? Send it directly to the TAW production team, not to AVA headquarters. Then your article will be put in the right folder to be published in the next issue, plus TAW staff will help you with any questions about formatting and attaching photos as well.

Use this email address to send your TAW article:

taw@ava.org

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.

Tips for TAW !

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

~~www.walkgdmva~~

sites.google.com/site/walkgdmva **YES!**

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

SAY CHEESE!

22nd AVA BIENNIAL CONVENTION
MADISON, WI
JUNE 26-JULY 3, 2021



AMERICA'S WALKING CLUB
ESTABLISHED 1976

AVA – America's Walking Club

22nd AVA Convention

SAY CHEESE!

Madison, WI

June 26 – July 3, 2021

22nd AVA Convention

Ulysses S. Grant



Galena, IL

18th U. S. President

June 26 – July 3, 2021

22nd AVA Convention

The Wizard of Oz

World Premier



Oconomowoc, WI

August 12, 1939

June 26 – July 3, 2021

22nd AVA Convention

Packers Heritage Trail



Green Bay, WI

June 26 – July 3, 2021

22nd AVA Convention

Ben Bikin



Sparta, WI

June 26 – July 3, 2021

22nd AVA Convention

Galena, Sparta, Madison



Green Bay, Oconomowoc

June 26 – July 3, 2021

22nd AVA Convention

Swim



Madison, WI

June 26 – July 3, 2021

22nd AVA Convention

Beverage & Food Forage



Madison, WI

June 26 – July 3, 2021

22nd AVA Convention

Pheasant Branch



Middleton, WI

Sandhill Crane

June 26 – July 3, 2021

22nd AVA Convention

Monona Bay



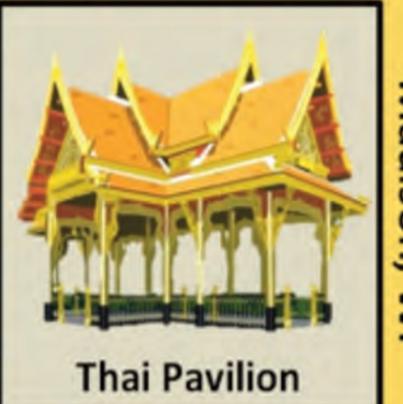
Madison, WI

State Capitol

June 26 – July 3, 2021

22nd AVA Convention

Olbrich Gardens



Madison, WI

Thai Pavilion

June 26 – July 3, 2021

22nd AVA Convention

University of Wisconsin



Madison, WI

June 26 – July 3, 2021