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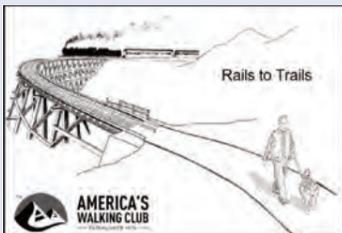
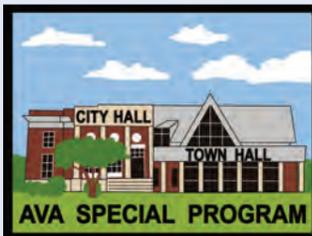
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 UpState PathFinders raise funds and help the community!

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Big Give 2021— Walk Long, Stay Strong

By Nancy Wittenberg, Board Chair

We are coming out of what I think of as the Big Hole of 2020: no travel, no three-day events and little fun. We almost didn't have a convention, but because of the hard work by the fabulous convention committee's volunteers and staff, the board took the risk and made the decision in March to go ahead.

I know you are well aware of the pressure on our AVA national office because of fewer events and fewer walkers. We haven't yet recovered fully in event participation and sanc-

tioning, so it's so very important to give this year. The Big Give, San Antonio finishes with the last big online day, Thursday, September 23.

The September *Checkpoint* will have details on prizes both AVA and you and your club can earn with your contributions.

One big one will be drawings for 10 full package IVV Olympiad/Texas Trail Roundup IML registrations. Those individuals who have given



\$100 or more will be in the drawing. But, how do you do that without giving \$100 all at once? Sign up for AVA's Sustained Giving Program. With sustained giving you sign up to automatically give a small amount each month on your credit card. Your contribution is "annualized" so that for example, \$10/month becomes a *Big Give continued on page 4*

18th IVV Olympiad is coming to the USA!

By John McClellan

By approval of the IVV Congress, the 18th Olympiad of the International Federation of Popular Sports (IVV) will be held in the City of San Antonio, Texas, in the United States of America – from 19–23 February 2023." This was the announcement in the second session of the General Membership at the Biennial Convention of America's Walking Club in Madison, Wisconsin. 2023 will be the first time in the history of the IVV and the AVA that the Olympiad will be hosted in the USA! The 2023 Olympiad Committee has

been at work since early this year, with co-chairs Henry Rosales (CEO), Susan Medlin (AVA Vice-Chair) and Holly Peking (former AVA Vice President) leading the early planning efforts. Most of the members of the planning committee have extensive experience with international walking events – both IVV and IML (the International Marching League.) This will be critical, as our concept is to hold the Olympiad back-to-back with the existing IML Texas Trail Roundup (February 24-26) and thus offer both Americans and our international visi-



IVV has approved our official logo for the 2023 Olympiad!

tors a full week of fun, fitness and friendship. Since we don't want to split our focus, there will be no separate Biennial Convention in 2023.

IVV Olympiad continued on page 4

The AVA Museum has a new walk mural!

Carlos Garrido, creator of the AVA's walk mural, was born in Mexico and moved to San Antonio in 2006. A professional

painter for 20 years, he studied graphic design in college on an art scholarship and later taught art history, drawing and design at an art college in Mexico. He has participated in 40 collective art exhibitions, 25 solo art exhibitions and four biennials. He is the creator of three murals in Mexico. Ten years ago, he started working more on contemporary art and today he concentrates on Figurative-Abstract paintings.



Center, artist Carlos Garrido, left of Carlos his daughter Natalia, right of Carlos his wife Paola.



Carlos created the mural for the AVA National Office pro bono, in collaboration with his daughter Natalia, because he was inspired by our mission and how it impacts the lives of everyone. In his mural he portrays how walking brings community and friendships from all walks of life. Come visit us and see it! 

MESSAGE FROM THE BOARD CHAIR



Hello, everyone! This is my first message to you as Board Chair of AVA: America's Walking Club. It has been a great summer. The convention in Madison was wonderful. It was so good to see old friends and experience all the great events Madison had to offer. We were truly welcomed in this very walkable and clean city.

Almost immediately it seemed, I arrived in San Antonio, Texas, for the board retreat to meet all the new officers, members-at-large, regional directors and deputy regional directors and work to understand our roles in a strategic board and how the operational roles of regional directors and deputies fit. Although we enjoyed getting to know each other, the importance of the retreat was the process — learning to work together as a strategic board.

As I mentioned in Madison, these two years will be ones of transition as we make sure our mission is front and center in the work we have to do on the reprioritized objectives in our strategic plan.

IVV Olympiad: The priority and the focus of the CEO, Henry Rosales, has to be the IVV Olympiad. The CEO and the Olympiad committee must take full advantage of the selection of

San Antonio, Texas, as the location of the IVV Olympiad in February, 2023, and put on a truly spectacular event that brings in revenue to AVA as well as name recognition and exposure to our brand. What you all can do is come. Come to the IVV Olympiad in February 2023. We will have our convention along with it, (sans voting which would be in June.) You will see so many fellow walkers from all over the world, so much color and great walks. A great experience you will not want to miss. It may not be in the US again for many, many years.

Membership: There were some good ideas generated at the retreat about membership. However, Henry must find appropriate staff/time to make any headway here. It has to be behind the IVV Olympiad in priority. Individual membership must be changed and enhanced.

Funding: The IVV Olympiad will be the event that will put our walking on the map! It is already visible to the San Antonio community. It must be the draw for funding, sponsorship and revenue generation.

The Big Give S.A.'s online giving day is almost here — September 23! The Big Give is AVA's only annual fund raising event. Please join with me to help support the organization that supports our club's walks. More in another article.

Strategic branding: Is AVA's logo on your club's website, banners, walk

Board Chair's Message continued on page 3



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Fun, Fitness, Friendship

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HEADQUARTERS NEWS NOTES

New national officers

By Tom Jackson, Chairman, AVA Nominations Committee

The following were elected at the AVA General Meeting in Madison, Wisconsin, as the new National Officers for the period from July 3, 2021 to June 30, 2023:

- Chair: Nancy Wittenberg from Puyallup, Washington
- Vice Chair: Susan Medlin from San Antonio, Texas
- Board Secretary: Cecilia Miner from Woodbridge, Virginia
- Finance Chair: Ed McCabe from Dripping Springs, Texas 🌳

AVA Board Orientation and Training Retreat



The AVA Board of Directors and Deputy Directors gathered in San Antonio, Texas, August 22-24, to get to know each other and set priorities for the next two years. Top priorities include the 2023 Olympiad, AVA branding, and individual membership. These areas of growth will be led by existing committees with the exception of branding, which will be chaired by At-Large Board Member Dr. Connell. All members will be participating in the development and implementation of growth strategies in these respective areas. 🌳

2021 AVA Convention Silent Auction report

By Joanne Reuter and Diane Thornbery, Co-chairs

A big thank you to all of the clubs and individuals who contributed to the Silent Auction in Madison, Wisconsin! We had 96 items for bids and were amazed at the variety and beautiful packaging of these donations. Thanks to generous bidding, the Silent Auction earned \$7,716 for the AVA.



We also wish to thank those individuals or clubs who donated cash to the auction. Those checks were turned over to the AVA, and although we don't know the total of that amount, we are very grateful to have received those contributions! 🌳

Board Chair's Message *continued from page 2*

directions, newsletters, minutes, flyers, registration logs? If not, fix it! We can't be recognized as a national brand if we are 200 diverse clubs with their own logo and no cohesive identity. Your clubs each have bylaws whose mission was to be the same as the AVA's. Can you clearly state what that mission is and how we impact the community through our events? We all need to be able to do that.

So, why are we here? We are here to promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness and friendship for all ages and abilities. We are here to get out and walk or enjoy AVA's other sports with others or by ourselves. I hope to see you all out there walking for your health, for fun and friendship. I have to get up out of this chair now and go to walk. Cheers! 🌳

America's Walking Club and Family Service Walk with the community

By Henry Rosales, Executive Director

On Saturday July 24, in the middle of the AVA's Board of Directors Orientation and Training Retreat, members of the board took time out to walk with the community. We had a very successful event with over 80 walkers and a few stray dogs! The event was co-hosted by Family Services Neighborhood Place on the westside of San Antonio, an area regarded as an underserved community. After the walk, Nancy Wittenberg, AVA's board chair hosted a drawing for zoo tickets and four bikes that were built by the board the night before during a team building exercise. We will be following up with the local walkers to see how we can start weekly walks in the community. Special thanks to Mike and Kathy Schwencke and all volunteers for working with the community to build this walk event and hopefully a new walk club!



Winner of a brand new shiny bike!



Walkers and winners of the bike give away. Winner of a brand-new shiny bike!



Building the bike. 🌳

HEADQUARTERS NEWS NOTES

2021 AVA Biennial Convention – We did it!

By Jerry Wilson, Chair, AVA Convention Committee

We faced many obstacles in planning, scheduling and delivering a successful 2021 AVA Biennial Convention. I cannot tell you how many changes organizers and volunteers made in the months preceding the convention, including the two weeks before the first pre-convention walk, and changes continued throughout the pre-walks, events and convention. But, in the end we pulled it off. We held the 2021 AVA Biennial Convention and those who attended found out what a great location Madison is for a convention. The Midwest beauty all over the area, Madison's beauty and layout, convention facilities, volunteers and the Madison community all provided a great experience as we came out from under COVID-19 restrictions and concerns.

We lost many attendees because of COVID-19 restrictions, and hesitancy to come out with others after all we have been through. This also meant we lost some volunteers that contributed time and energy every two years. All-in-all we did it. Final numbers are still being tallied; however, attendee reactions and comments were greatly positive. When the AVA board decided to go ahead with the convention a number of weeks before the scheduled start date, the discussion gravitated to holding a convention to lift the spirits of those that were more than ready to get out and walk and renew their fellowship with other walkers from all over. The possibility of sustaining a financial loss was considered, but going ahead was the decision. Again, we await final numbers.

I cannot count the positive comments we heard about our beautiful city and all the locations of our pre-convention events. AVA bikers commented positively that we allowed them more than the traditional one or two biking events at most conventions. And since we allowed eight days for participants to do walk, bike and swim events, many participants found it easier to ride and walk, as well as swim. We had some swimmers swim every day they were in Madison.

I could go on and on about our volunteers and the beautiful locations we shared with attendees. I cannot forget to highlight that the Madison Concourse and Monona Terrace Community Convention Center management and staff made many changes and offered concessions to accommodate the first national convention to come to Madison since the pandemic took over. Thanks to volunteer efforts we provided a daily convention newsletter, and QR Codes for all sports events and to access the daily newsletter. In the future more people using the QR Codes will save paper, printing costs and avoid littering when we walk or bike.

We also need to thank the Madison Area Sports Commission and Destination Madison. They helped in securing venues, preparing the presentation for



Two happy walkers.

the 2019 Albany Convention, and helped in the contracting process for venues and buses. They also were instrumental in securing the mayor of Madison, and the Dane County executive to address our walkers and convention delegates.

Watch the monthly AVA *Checkpoint* emails for final convention numbers. A wrap-up report should also hit your next issue of *TAW*. Tell your fellow walkers to become AVA Associate or AVA Lifetime Members to receive that next *TAW* edition! The membership application is on the AVA website, click on Members. 🍷

Convention wrap up continued on page 5

Big Give *continued from page 1*

\$120 annual donation counted toward The Big Give when you sign up. In a year's time that \$120 is greater than \$100, so there you are. Go to ava.org, and click on the Donate button at the top right. Sustained Giving is in the drop down list. You can also donate by check if you put it on your bank's automatic payment.

There are other things you can do to support AVA and help us meet our goal of \$80,000 this year. I know you all have friends and family that are not part of AVA. Why not set up a Peer-to-Peer page to let them know how much walking with AVA means to you and ask for their support towards your goal? The Big Give site will show you how to set up the page. You can upload a picture of yourself. It's easy to do. The September *Checkpoint* will have information on how to do that.

Remember the Fund Development committee set up a regional challenge last year. The AVA region that has donated the most money to Big Give during the entire campaign will get to display the traveling trophy – “The AVA Big Give Walking Stick of Friendship.” The Southwest Region won it for 2020 and will affix a shield on it representing their region. Will your region be the next?

Finally, I want to encourage you to give online September 23. At this writing I don't know what the prizes will be from The Big Give S.A. But AVA has received prizes from the Big Give S.A. almost every year. Check the *Checkpoint*!

Thank you for giving to support the mission of AVA America's Walking Club and your own club. We give because we want everyone to enjoy the benefits of walking with us. 🍷

Olympiad *continued from page 1*

The IVV Olympiad and IML together are a unique opportunity, not to be missed! Some of us have been to these amazing international events, but many American Volkssporters have not been able to get to Germany or China, and are not planning to attend Korea in 2022. Now you won't have to leave America to participate alongside walkers from Korea, Canada, Japan, Israel, the Netherlands, Italy, France, Norway and many other countries. At an Olympiad, you will meet people and make new friends from all over the world. At the same time, the San Antonio Olympiad/IML will offer our international attendees an “uniquely American” experience for the first time – as we showcase the best America has to offer.

Plans for the week already include formal opening and closing ceremonies with the parade of flags; fabulous walking (5k up to 42k), biking and swimming events; the award-winning San Antonio Stock Show & Rodeo along with other après-walk social events; online registration packages for either or both the Olympiad and the IML; and all the recognized IVV/IML awards, pins

and medals that walkers on both circuits covet. Our good friends from Canada are already on board as partners and we'll be talking to the regular tour groups about supporting the week in San Antonio with transportation and tours.

We are planning for at least 2,500 participants from up to 42 countries – so needless to say we will need your help! Volunteers can contact us at olympiad2023@ava.org and have a look at the last two *Checkpoints* for some of the specific areas where we need assistance. We would also like your input! If you have attended IVV, IML or large AVA events (conventions, Crazy Horse, etc.) please share your ideas on how to create a memorable event. We need experienced walkers, bikers and swimmers to tell us what you liked and what to avoid.

America's Walking Club is excited to be hosting the IVV Olympiad and we want all of AVA Nation to plan on attending in 2023. Please save these dates and start telling your friends. We'll be keeping you updated regularly across of all AVA's media platforms from this point forward. 🍷

HEADQUARTERS NEWS NOTES

2021 Convention reflections

By Don Suloff

Let's start with, as Sergeant Joe Friday used to say on the television program *Dragnet*, "Just the facts." And the facts coming from the 22nd AVA Biennial Convention's sporting activities in Madison, Wisconsin, are impressive – particularly given the effects on attendance generated by the coronavirus pandemic. There were nine walking events, five bicycling events and one swim event during the eight days encompassing the convention. The attendance numbers for each event are as follows: Galena walk, 279; Galena bike, 33; Oconomowoc walk, 293; Oconomowoc bike: 34, Green Bay walk: 317, Green Bay bike: 31, Sparta walk: 282, Sparta bike: 43, Pheasant Branch walk, 409; Beverage and Food Forage walk, 267; Monona Bay walk, 391; Olbrich Gardens walk, 378; Madison bike, 50; Madison swim, 131; and University of Wisconsin-Madison walk, 251. But numbers hardly give a real view of these events.

The results didn't just happen. Many dozens of hours were spent developing walks, locating appropriate start points (some of which had to be relocated several times as sites became unavailable), planning room organization, preparing start cards, etc., in order to make each walk experience efficient and pleasant. Based on feedback, we believe we achieved that goal! However, unforeseen events forced behind-the-scenes adjustments. The following paragraphs highlight successes and scrambles.

How about those amazing volunteers! The host Dairyland Walkers club is relatively small with our nearest Volkssporting neighbors over 100 miles away. We had justifiable concerns that it would be difficult to adequately staff the start and finish points of our walks. Shame on us! The Des Moines, Iowa, club stepped up and provided half of the required volunteers for our first event. Then Terri Tyler of Topeka, Kansas, volunteered to work all day, every day of the convention. Many of our club members worked multiple shifts; and, on nearly a daily basis, walkers from around the country asked if help was needed later in the day or on subsequent days. The only day the start point wasn't appropriately staffed was when "yours truly" failed to note the registration doors were opening one and one-half hours before the planned staffing! Yep! On that day, the early arriving walkers registered themselves and were happily on their way. A big thanks to all of these volunteers.

Our five bike rides were well received and showcased the multiple bike trails in Wisconsin, probably enticing riders for a future return visit. However, our rides were not without some challenges. Just weeks before the Galena bike ride, the shop provid-

ing rentals closed without warning (another COVID casualty). Showing remarkable flexibility, several walkers arranged with those having their bikes to alternate between walking first and riding second and the reverse, enabling all to ride the trail. Later in Green Bay, a segment of the trail passing through an underpass was flooded by recent heavy rains. Most riders successfully worked around the flooding, but a few rode through the flooding and sported a stripe up their back to prove their wet passage.

Beyond the amazing historic sites in downtown Galena and President Grant's home, perhaps the most memorable events on the Galena walk were the many hills and stairways of the city and the heavy rain providing free baths for the day's later walkers and riders. At Galena we learned that our proportion of 5k directions to 10k directions was seriously inadequate which forced hasty copying for this and all subsequent events.

In Oconomowoc we were treated to morning coffee cakes remaining from a reception in the host facility the previous night, pastries from a church service the morning of the walk, and finally cupcakes from the village center. We also suspect that the cast from the *Wizard of Oz* (with a few interlopers) was featured in more than one photo.

The beautiful and historic Ballroom at the start point for our Green Bay walk was thoroughly enjoyed by walkers, who could picture Buddy Holly performing on that stage the night before his tragic death. A wall of memorabilia commemorated this performance. Out-of-state walkers left this walk knowing far more about the Green Bay Packers than they probably would ever admit.

Volunteers arrived at the Sparta start point to find that the building was locked and the rooms not set up. After locating some maintenance workers driving by, I convinced them to open the building and, within 15 minutes, our volunteers had the room set up and were ready to begin registering walkers. A lingering question after the walk was "How did Ben Biken get up and stay up on that high-wheeled bicycle?" At Sparta, our youngest bike rider left her new riding garment behind, but a hasty call back to Sparta located the garment and arranged for mailing the package back to a relieved mother.



Terri Tyler and Russ Crane marking maps.

Our first day in Madison featured bus transportation to a beautiful conservation area. However, two medical situations somewhat dampened spirits. Happily, both individuals are recovered and doing well. That night many of Madison's micro-breweries and meaderies were featured in a "Beverage and Food Forage" event which proved exceedingly popular.

While walking around Monona Bay, guests were treated to spectacular views of the State Capitol and Monona Terrace. At the hilltop checkpoint walkers were seen taking pictures of the extremely popular chewy fruit snacks offered at our check points so they could find them upon returning home.

Our second day with busing started off efficiently – in fact, too efficiently. The Olbrich Botanical Gardens were opening early for us, yet the first bus arrived almost half an hour prior to this arranged opening time. With commendable flexibility and courtesy, the doors were opened, and walkers were on their way. Happily, a number of contributions were made to this publicly supported facility.

A couple of days prior to our final walk on the University of Wisconsin-Madison campus, a pre-walker noted that an important pedestrian bridge was closed to walkers – it had closed merely five days earlier. Those walking the 10k version of the event found instructions to "see Don" at the top of their directions, and a safe detour was explained to all.

With eight days of walking completed, I had made many new friends, all of whom were memorable in their own way. Perhaps the two I will remember best are two ladies from Texas who would check with me each day for a handicapped-friendly option of the day's walk. They never failed to return with smiles on their faces and expressions of joy from their walks. And so our Biennial 2021 ended – a week of fun, fitness, and friendship. **Say Cheese!**



The IVV Olympiad

Is Coming to San Antonio, TX February 2023!




VISIT AVA.ORG FOR MORE INFORMATION AND UPDATES.



AVA SPECIAL PROGRAMS

Walking with America's Veterans

This special program now runs from January 1, 2021 to December 31, 2027. Redeem completed books by Dec 31, 2028. The goal of this activity is to walk for fitness while discovering the many ways our country's veterans are honored for their military service.

Collect 15 different qualifiers in the logbooks for six different awards which are military "challenge" coins that honor the six military services. One qualifier is collected with each AVA: America's Walking Club stamp. When in doubt about a qualifier, post a question with a picture in the new Facebook group created to administer and discuss this special program, or contact the POC at the information below.

All qualifiers must be for military service from 1890 to the present, nothing earlier (i.e. Revolutionary or Civil War) will count. Each entry in the logbook is an IVV stamp plus the name and/or picture or description of the qualifier and its location. When using a Traveling Guided Walk or Guided Walk stamp, the six-digit event sanction number is also required. Qualifiers can only be used once in a book or in a year, whichever comes first. (A new year on the AVA stamp allows a repeat of the qualifier in the same book.)

Each qualifier is:

- An individual fixed memorial, identifiable on any civic map.
- A local display program that honors veterans (all similar and related banners, for example, are one qualifier as a single program).
- A building that is the location of any veterans' organization, or any government body that supports veterans.
- A memorial to victims of the 9/11

attacks that identifies the Pentagon by name, or a veteran who was killed on that day with military rank.

- A road marker giving "Blue Star" or other designation to honor a group of veterans, or a park or space that honors veterans. (Not individuals unless the memorial name is for a veteran who is being honored for military service — usually KIA — not just a politician or other notable who was a veteran.)
- Individual grave markers or headstones for veterans do not qualify.

The Level 1 award is for the first completed logbook and the back of the coin honors the oldest of the United States' military services, the United States Army. The US Army was created officially on June 14, 1775.

The Level 2 award is for the second completed logbook and the back of that coin honors the United States Navy. The US Navy was created on October 13, 1775.

Each coin has the seal of the service, the birthday, and the core values of the organization. A new coin in the series becomes available every six months so that there is a limit on how fast a walker can complete the program.

So far, about 200 walkers are participating in the program. Join us for a journey that honors our nation's heroes, past and present.

Order books from Veteran's Walking Program, c/o Volksmarching Club, PO Box 2422, Woodbridge, Virginia 22195.

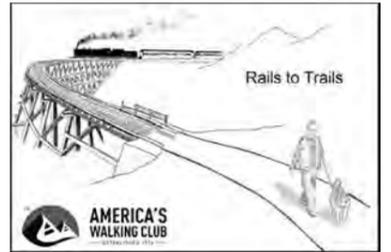
Contact Tim Miner, Veterans@WalkVirginia.Org, 703-583-2916, or Facebook Group facebook.com/groups/421653078810337.

Two new AVA Special Programs

The two new special programs that will begin in January 2022 are the "Rails-to-Trails" and "Town Halls/City Halls" programs. Here are their descriptions and contacts.

Rails-to-Trails

This program runs January 1, 2022 through December 31, 2025. Redeem completed books by December 31, 2026. Any sanctioned YRE, Seasonal, or Traditional event that walks/bikes on a portion of an official Rails-to-Trails Conservancy identified trail (which can be found at trailink.com/trailsearch/) qualifies. One stamp per event per year except for Guided Trail events which use the same stamp — in this case the sanction number identifies a unique event. The AVA Special Program Booklet contains room for 16 stamps.



For details and books contact Sherry Sayers, Colorado Springs Walking Club, 3524 N. Cascade Ave, Lot #58; Colorado Springs, CO 80907, cswc@avaclubs.org. Completed books may be sent to Sherry, or scan image of your completed book and email it to cswc@avaclubs.org for a 3"x4" award patch similar to the one pictured. POC: Sherry Sayers, 719-640-6745, email cswc@avaclubs.org.

Town Halls/City Halls

The program runs January 1, 2022 through December 31, 2024. Redeem completed books by December 31, 2025. Complete 15 AVA sanctioned walks that include a town/city hall. The building must be marked as such or have a plaque as a historic site of one. A hall may only be used once, even if multiple walks go by it. The patch depicts the Ashland town hall and the Fredericksburg city hall, both in Virginia.



Order books from Peninsula Pathfinders, 302 Queens Crescent, Williamsburg, VA 23185. POC: Sandy Croushore, 757-532-3468, email szcroushore@verizon.net.

Calling all Olympians!

AVA's Special Programs lists "Walk Like An Olympian" books due December 31, 2021.

Because the pandemic interrupted travel plans, the AVA Special Programs Committee has allowed the program to **continue for two more years**.

We will honor any Walk Like an Olympian (WLO) books received with the promised patch. Books may be turned in at 10, 15 or 20 events. However, at 10 walks you would have the bling only for the Bronze medal. A book stamped with 15 qualifying walks would yield a patch with bling for both Bronze and Silver. If all lines are filled, all three medals will have the extra pieces. Go for the gold!

If you need more details or have questions, contact Suzi Glass at 408-592-3935 or glass2walk@gmail.com.



Tulsa Walking Club Special Programs

If you have uncompleted books for the AVA Special Programs sponsored by Tulsa Walking Club (TWC), we still have patches and welcome your completed books. The programs that TWC sponsored are: Forts of the US, Lady Liberty and Walk the USA – Street by Street. Many of you may have wondered if we would still have patches available since these programs have closed — the answer is yes! So keep on walking and collecting the qualifiers, and send in your books when completed. Address on the books remains the same.

Level 1 and 2 finishers of WWAV Special Program

Billman	Jo	Wildomar	CA	Kaufman	Karen	Camden	Wyoming	DE
Blazek	Joe	Ellensburg	WA	Leivsch	Jayne	Maple Grove	MN	
Blazek	Lynn	Ellensburg	WA	MacLeish	Margie	Wyoming	DE	
Bonewitz	David	Louisville	TN	McClellan	John	Port Orange	FL	
Buzolich	Robert	South Bend	IN	McClellan	Sheila	Port Orange	FL	
Cairns	John	Clifton Park	NY	Miner	Cecilia	Woodbridge	VA	
Chazen	Martin	Manassas	VA	Miner	Timothy	Woodbridge	VA	
Cordes	Carl	N Las Vegas	NV	Purdy	Dianne	Centreville	VA	
Crabill	Tom	Coldwater	MI	Severtsen	Sandi	Shoreline	WA	
Croushore	Sandy	Williamsburg	VA	Skinner	Eileen	Clifton Park	NY	
Davis	Chase	Olympia	WA	Suchodolski	Jack	Seminole	FL	
Fernandez	Karen	Ellicott City	MD	Suchodolski	Mary	Seminole	FL	
Gillette	Terri	Waynesville	MO	Tuori	Kristine	Eldersburg	MD	
Green	Betty	Souderton	PA	Warhol	Carolyn	Puyallup	WA	
Greig	Pamela	Olympia	WA	Warhol	John	Puyallup	WA	
Harris	Brenda	N Las Vegas	NV	Webert	Sue-Lon	Vashon	WA	
Hendricks	Beth	Rapid City	SD	Webster	Daniel	Aloha	OR	
Hiles	Sandy	Portland	OR	White	John	Windcrest	TX	
Hines	Cynthia	Tulsa	OK	Wittenberg	Nancy	Puyallup	WA	
Hollar	Carol	Hackettstown	NJ	Wittenberg	Elisabeth	Puyallup	WA	
Johnson	Bonnie	Fridley	MN					




**South
Central
Region**

DRD TBA
sc_drd@ava.org



Tom Alyea, Director
sc_rd@ava.org

East Texas Trekkers going to west Florida (Louisiana, that is)

By Helen Hull

The East Texas Trekkers, aka Louisiana Explorers, will kick off their 2022 YREs with eight group walks over the MLK weekend, January 13-17, as we continue our quest to walk the Louisiana parishes. Since starting our 'march on Louisiana' in 2018, we have walked in 35 new parishes. Next year, we will add eight more parishes in the area north of Lake Pontchartrain and New Orleans. This area was originally part of Spanish Florida and was not part of the 1803 Louisiana Purchase from France. In 1810, the area seceded from Spanish Florida and established the Republic of West Florida. A few months later, the United States offered to annex the area and made it part of the future state of Louisiana.

The West Florida area will feature walks in eight new parishes and feature both town and nature walks. These walks will be available via the Online Start Box for 2022 only. The walks will also be available via a remote start from the POC. As a bonus, the East Texas Trekkers will offer a Traditional walk on Monday, January 17, at the Clark Creek Natural Area in Woodville, Mississippi.

Our weekend events will kick off on Thursday, January 13 at 2 p.m. with a group walk in Mandeville, which was established in 1834. The town features many historic homes built as summer retreats for the well-to-do families in New Orleans. For those arriving earlier in the day, we will add an additional 5k walk in the neighboring Fontainebleau State Park. Friday we will head northeast to Bogue Chitto State Park near Franklinton for a nature walk along a river, streams and a rolling landscape, and then on to Greensburg, the parish seat of St. Helena Parish, for a walk.

Saturday morning we will explore Hammond with its historic homes,

churches and railroad station. Hammond is also home to Southeastern Louisiana University. Afterward we will continue east to Tickfaw State Park near Springfield. The park features more than a mile of boardwalks and other trails along a cypress/tupelo swamp and a bottom-land hardwood forest.

Sunday will be a busy day with walks at the Port Hudson State Historic Site where the longest siege in U.S. military history took place. Port Hudson was located along a strategic bend of the Mississippi River south of Vicksburg. The siege at Port Hudson began several days before the siege at Vicksburg and did not end until they received news of the fall of Vicksburg. The loss of these two sites effectively cut Texas, Louisiana and Arkansas off from the rest of the Confederate states. From Port Hudson, walkers will continue to New Roads, a small town between the Mississippi and the False River, which is actually a 15-mile oxbow lake. Finally on to St. Francisville known as 'the town two miles long and two yards wide' because it was developed atop a narrow ridge overlooking the Mississippi River.

Our last event will be a Traditional walk at Clark Creek Natural Area near Woodville, Mississippi, which is about 25 miles north of St. Francisville, Louisiana. The park features waterfalls in this very hilly terrain. Hiking sticks are strongly recommended.

We will have the directions and the stamps available to those attending the MLK weekend events. Check our website, WalkTx.org/EastTexasTrekkers, for more information about these events or contact Helen Hull at HelenTheHun@yahoo.com.

Bellefontaine cemetery walk

What better way to spend Halloween than in a cemetery, and in one of our country's most beautiful! In fact, Bellefontaine Cemetery in St. Louis, Missouri, is an accredited arboretum, home to over 180 species of trees and shrubs. Saint Louis Walkers (formerly St. Louis-Stuttgart Volksmarch Club) are proud to sponsor their biennial Bellefontaine Cemetery walk on Sunday, October 31.

The route consists of two 5k loops ... take your pick or walk both. Walk them twice for a 20k. Bellefontaine was established in 1850 with roads designed to accommodate a two-hitch buggy or a four-hitch team of horses. The oldest graves date to 1816, many are those of prominent pioneers.

The wealthiest families are interred in ornate mausoleums that draw from Classical, Romanesque, Gothic, and Egyptian architectural styles. Among the most notable are: the Wainwright Tomb, the Busch Mausoleum (pictured above), and the Brown Brothers Mausoleums. Bellefontaine Cemetery is listed on the National Register of Historic Places.

Our Traditional walk, rated 1A, starts at the Wildwood Valley Gardens inside the cemetery. Enter through the main gate and follow the signs. Register from 10 a.m. to 1 p.m.; finish by 4 p.m. The cemetery gates are locked at 5 p.m. You would not want to be locked inside a cemetery on Halloween night! By the way, POCs Dee and Leonard Wojtysiak arranged for two crypts to be open. We encourage walkers to take advantage of this opportunity.

We are looking forward to walking with you on this special day at the magnificent and historical Bellefontaine Cemetery, but, please, no costumes of any kind are allowed. The brochure can be downloaded from Saint Louis Walkers' website, saintlouiswalkers.com. Walks are listed in chronological order.

Missouri's Roaring River State Park

By Glen Conyers

The Dogwood Trailblazers Walking Club in Joplin schedule a Traditional Walk at the pristine Roaring River Park in Cassville, Missouri, every other year. This is the year to go back to this most cherished park in Missouri for one more walk in the hills surrounding the Roaring River Spring. The park boasts a scenic terrain with a wide variety of rock formations and over 600 species of plants.

Works Progress Administration workers as part of the Civilian Conservation Corp helped develop the historic park in the 1930's. Many of the buildings are still on the grounds and in use.

The 10k route will also take you to breathtaking vistas of panoramic views and fall colors as you wind along the nature trails. One of the trails we will use has a cave on it that, legend says, was a hiding place for Confederate troops during the Civil War on their way to Westport, Missouri, now Kansas City. A lot of folks have been looking for a hiding place since then, as it was thought that arms and ammunition were hidden as well. Don't think it is here, but interesting information. Walkers are encouraged to bring walking sticks and trail shoes as you pursue these view-laden scenes along your way.

The 5k route will be over easier terrain. This is Missouri, so be prepared for some hills along the route, but also while you enjoy the beautiful rock formations and listen to the babbling brooks along the way. You must also keep an eye out for "toe trippers" as these are mountain trails.

Now, because of continued COVID restrictions in the park, we will not be allowed to have our traditional hot dogs and potluck items we have offered in the past. So this is a "BYOLBC" luncheon, which means "Bring Your Own Lunch, Beverage and Chair. We can still enjoy friendships with old friends as we all eat together what we bring for ourselves. Maybe next time we can go back to hotdogs, but not now.

If you are working on the "Walking the Counties of Missouri" program, remember that Roaring River Park is in Barry County. If you somehow missed Barry County when it was offered before, this would be your opportunity to catch it. So, October 23, Roaring River is the place to be.

AVA Special Program – Walking with America's Veterans

Runs January 1, 2021 to December 31, 2027. 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.



South Central Region *continued from page 7*

Interstate 35 corridor Volkssporting weekend

By Terri Tyler

Four Volkssporting clubs, Pace Setters, Sunflower Sod Stompers, Tulsa Walking Club and Wandergruppe of Oklahoma City, are joining forces to provide participants a weekend of walking in communities along the north-south corridor of I-35 in the two adjoining states of Oklahoma and Kansas.

Saturday will be devoted to walking in two Oklahoma counties. Wandergruppe is sponsoring a walking event in the historic town of Guthrie, Logan County. First known as a railroad station stop, after the Land Run of 1889, it was designated as the territorial capital, and in 1907 as the first state capital of Oklahoma. Guthrie is nationally significant for its collection of late 19th and early 20th century architecture. The Guthrie Historic District includes more than 2,000 buildings and is designated a National Historic Landmark.

The Tulsa club's walk will be in Perry, Noble County. This community began through railroad expansion, followed by the land rush and had numerous saloons, gambling houses and gangs of bank robbers. Around 1900, a German immigrant, Carl Malzahn, moved to this area. He was a blacksmith who specialized in farming and oil rig repair. His family business evolved into the Ditch Witch Corporation, the largest business in Perry.

Since the Perry event is starting at the Noble County Family YMCA, the walkers will have an opportunity to utilize the pool facilities after a day of walking. Three swims have been sanctioned for the afternoon by the

Sod Stompers. And the YMCA has waived the pool usage fees for our swimmers!

The Sunday morning walk, sponsored by the Sod Stompers, will be in the county seat of Sumner County in Wellington. This county will complete the southern Kansas border counties. Wellington grew from two agricultural forms – ranching and farming. The town evolved from the Chisolm Trail, and the surrounding land was developed for wheat harvesting.

The final walk for the weekend, sponsored by Pace Setters, will be in Wichita's Pawnee Prairie Park (Sedgwick County). This is a 624-acre park along Cowskin Creek, which has a variety of plants and wildlife. The park has been designated as a Wichita Wild Habitat area. The park has over five miles of looping walking trails of various surfaces. Pawnee Prairie Park is located in southwest Wichita, adjacent to Tex Consolver Golf Course and Dwight D. Eisenhower National Airport.

Group meals have been arranged for both Friday and Saturday evenings for participants. Also, motel room blocks have been reserved. There will be qualifiers for some of the AVA Special Programs. Come enjoy walking in two states in the central part of the United States!

For more info, contact Rhonda Shockey at rjm0123@aol.com, 918-855-0195, or Terri Tyler at 785-817-6333 (day of walk only) or tlyler50@gmail.com. Contact by email is preferred by both POCs.



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 ½ 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.*



Four County Fall Fest in Oklahoma

Tulsa Walking Club and Wandergruppe Walking Club invite Volkssporters to participate in our Four County Fall Fest on October 16-17. Are you working on counties? These walks take place in Love, Carter, Marshall and Bryan counties in far south Oklahoma, along the Oklahoma/Texas border. October is one of the best times to walk in Oklahoma, so you will want to be sure and mark your calendars now.

Wandergruppe Walking Club will kick off this fun weekend, with a walk that qualifies for two counties – Love and Carter. The walk begins at Lake Murray State Park

Visitor Center and walkers will enjoy the park trails on Saturday morning. Lake Murray State Park is Oklahoma's oldest and largest state park. The state legislature bought the property for the park for about \$90,000 on April 10, 1933.

It was the first state park built in Oklahoma and is still the largest. At the same time, workers began construction on the castle-looking building later to be called Tucker Tower. During construction, almost 17,000 men worked on the park project for \$1.25 a day in wages.

The lake was completed in 1937 and opened to the public in 1938. But work on the tower ceased in 1935, reportedly because federal officials decided the project was taking too long to complete and costing too much. And so, without windows, doors, floors, or ceilings, the tower was left open to the public and elements. It had been built based on photographs of a European castle taken during World War I by veteran Sen. Fred Tucker, a local legislator for whom the tower is named.

Note: Oklahoma implemented an entrance fee for this park and 21 others in 2020. The fees are charged per vehicle. Fees are waived for honorably discharged veterans and Oklahoma residents age 62 and older and their spouses. Passes good for three days or a week are also available, as are annual passes good at all 22 state parks that charge fees.

Tulsa Walking Club will host the Saturday afternoon walk in Madill, the county seat of Marshall County. Madill was originally named for a Saint Louis-San Francisco Railway lawyer, George Alexander Madill. In 1945 Dennison Dam was built creating Lake Texoma. Today the city of 4,608 population, is a recreation center supporting the popular lake. It is best known for the week long National Sand Bass Festival each June.

Sunday morning will find walkers in Durant, the county seat of Bryan County, and known as the Magnolia Capital of Oklahoma. Durant serves as the capital city and headquarters of the Choctaw Nation of Oklahoma. The city was founded by Dixon Durant, a Choctaw who lived in the area, after the MK&T railroad came through the Indian Territory in the early 1870s. It became the county seat of Bryan County in 1907 after Oklahoma statehood. Durant is also home to Southeastern Oklahoma State University.

This promises to be a weekend of fun, fitness and friendship! If you lack these counties in Oklahoma, plan to attend. Don't miss out!

For more info go to ava.org, Events, and download a brochure and information about the POCs. Hope to see you on the trails. Come celebrate fall with us!



South Central Region continued on page 9

The IVV Olympiad

is coming to San Antonio, Texas
February 2023!

Stay tuned to the AVA Checkpoint for updates!

South Central Region *continued from page 8*

Hoofing it Halloween Weekend

By Terri Tyler

The Sunflower Sod Stompers of Topeka would like to invite all Volkssporters to join them in their festival of fall events, October 29-31. A busy weekend of Volkssporting is planned for a section of southeast Kansas. Events will be held in five counties: Crawford, Wilson, Elk, Labette and Montgomery, walking in four county-seat communities. These counties are located east of Wichita, some touching the border of Oklahoma and of Missouri.

Friday will be devoted to walking in Montgomery County and the two Seasonal walks sponsored by the Sod Stompers in Coffeyville and Independence. On the same weekend, the Neewollah Festival will be held in Independence. Festivities actually take place all week prior to and including Halloween day. Attendance could range up to 10,000 people. Our featured events may be walked at your convenience but there is the “Kiddie Parade” in Independence at 4 p.m. that day which draws relatives from all over, so be prepared for crowds. The Festival will have displays along with food trucks which might be rather unique and enjoyable for walkers. Neewollah is a Kansas tradition since 1919 that everyone should experience once in their lifetime! Registration for both of the Seasonals will be in Coffeyville at the Holiday Inn Express, the normal registration spot for the Coffeyville Year Round. Hopefully, this will help our participants not have to contend with traffic in Independence and at the Comfort Inn.

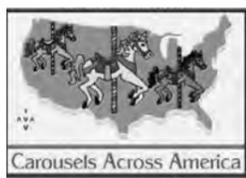
Saturday will be devoted to two new counties: Wilson County (Fredonia) and Elk County (Howard). These events will be in smaller Kansas towns focused on agriculture, light industry, hunting/fishing and government. Sunday’s walks will be in Labette County (Parsons) and Crawford (Pittsburg). These communities developed from mining and the railroads.

Events have been held there in past years and hopefully, new courses will be available for all to enjoy. Remember, each town is unique with different histories and things to see. Group meals have been arranged for both Friday and Saturday evenings. Motel rooms have been blocked for our Volkssporting participants. Overnight accommodations can be scarce to find in this vicinity so take advantage of this opportunity as soon as possible. There will be qualifiers for some of the AVA Special Programs. Also, a limited number of National Volkssport Month patches will be available as an award.

If you need further information than what is available on the AVA website, contact Terri Tyler at tttyler50@gmail.com. A printed brochure will be available in August. Come enjoy southeast Kansas this fall. Regardless of where you walk, enjoy America’s many trails while traveling and stay safe. 🍂

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”X2¾” 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 – 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.*



Robert McDaniel, DRD
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Southeast
Region

Kathryn King, Director
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Community help

What if you were able to help your community out in a fundraising opportunity? Could a couple events be a needed boost to your club’s income needs, especially after COVID? This is what happened to the UpState PathFinders when asked if they would be interested in hosting a walking event to raise money to help a local charity, the Homeless Period Project, homelessperiodproject.org.

Within one week of the club’s conversation to help raise money, the UpState PathFinders had signed up for six dates working the concession stands for the Greenville Drive, and committed to picking up litter for the city of Pickens, all this before we could even plan a charity walk. With these two opportunities, the club has the possibility of earning up to \$1250.



(l-r) Jade Britton, Dale LeClair, Bob, concession manager, Robert McDaniel and Kelly Rosche.

After a scheduled Guided walk, the conversation came up again with more members showing interest in helping this charity. Another member mentioned he saw on local news, the City of Pickens, South Carolina, announced a fundraising opportunity for nonprofits that could help us raise money for this charity. This was the beginning of our fundraising journey.

Our first game working the concession stands we only had four volunteers available to work that night. The Greenville Drive was hoping for 10 volunteers but was very thankful for the individuals that showed up. After our shift, the manager asked if he could share our club’s contact information with another venue also in need of help, the Bon Secour Wellness Arena. The “Well” is the home of the NCAA Women’s Final Four Basketball Tournament, and home of the professional hockey team, the Greenville Swamp Rabbits, concerts and much more.

The City of Pickens needed help with their area beautification efforts. They wanted nonprofits to help pick up litter. A one-time event to cover one mile, in return, the nonprofit would receive \$250. While searching online for how to sign up, another fundraising opportunity surfaced. Our local major league baseball, Single - A affiliate, of the Boston Red Sox, the Greenville Drive was advertising they need help too. They also wanted nonprofit organizations, (10-12 volunteers) to help work their concession stands at their home games. In return, the nonprofit organization would receive \$10 per volunteer per night plus 6 percent of the concessions they worked. In case of a slow night a minimum of \$200 would be received.

With the funds raised, we will donate 50 percent to the Homeless Period Project and use the other on our Year Round Event renewals and purchasing more club t-shirts. Not only are we getting the chance to raise money and help organizations with their needs, but an opportunity to let people know about AVA: America’s Walking Club. 🍂

Southeast Region *continued from page 9*

Valdese — a unique event

By Dennis Michele

On July 24, the Asheville Amblers tried out a unique 10k walking event developed by Robert Cooper of the Amblers and Morriss of Visitors Bureau. Instead of a three or four hour window to complete the walk, we took seven hours. Instead of a quick brush through the town, seeing the high points, we took time to enjoy the activities that were available in this piedmont town in North Carolina.

To start, need you some background on how Valdese got started. The town was established by the Waldensians, a religious sect from the mountains of

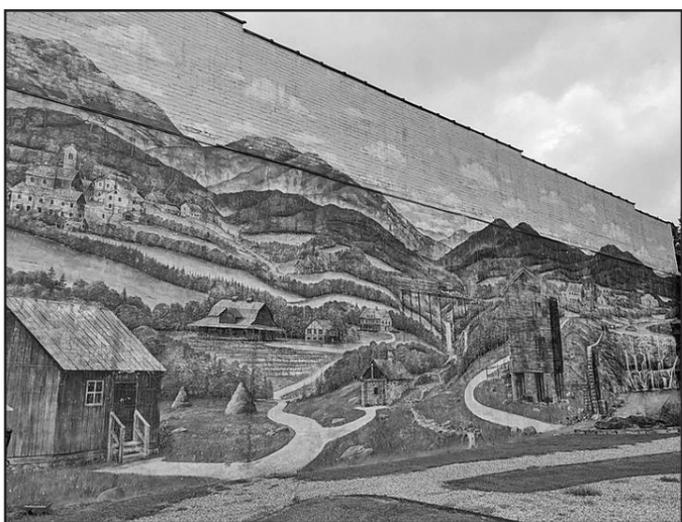
railroad that brought the outside world to Valdese. Then we walked to the place where the settlers got off the train in their new home. This was followed by the Waldensian Museum where we learned all about how the first settlers lived and worked. This was followed by a tour of the church that was originally built early on and expanded as the town grew. Then we went to the famous wall where a huge 50-foot mural had been painted depicting life both in Valdese and back in Italy. The challenge was to find 51 figures hidden in the mural. The best we could do was five.



Asheville Amblers.

northwestern Italy who had been persecuted for centuries for their religious beliefs. Finally, after winning the right to worship as they wished, they found the prosperity of this brought on a need for more room than their ancient home grounds provided. So, in 1893, the first Waldensians came to North Carolina to establish new homes. The first years were rough but they persisted and the town

After a stroll through the town, we walked to McGalliard Falls Park for a view of a delightful park and picturesque waterfall. Here we had a delicious picnic lunch which was part of the event and prepared by a local bakery. Then, a short hike to the Trail of Faith depicting high points in their survival in Italy and the first years in North Carolina. Finally a tour of the outdoor auditorium where the annual "From This Day Forward" is held every summer. Some of the group stayed on that night to see the drama.



Mural with hidden items.

of Valdese became fully established. To understand this information, the Amblers started out in the Old Rock School, which used to be the only school and now is the home to a delightful art gallery displaying local artists, an impressive miniature train display and a unique museum of the

and heard stories about the early hardships and triumphs. The walk to the falls was hot. But all in all we learned so much about this town and its people. We were welcomed everywhere.

We feel that this was well worth it and we will try again in other towns.



**Good things are coming
down the road. Just don't
stop walking.**

~ Robert Warren Painter, Jr.

A Revolutionary Weekend

By Dennis Michele

In the last years of the Revolutionary War, with a stalemate in the North, British looked to the South for final victory. Thus, the critical battles of Kings Mountain and Cowpens were fought and lost by the British and led to their retreat to Yorktown and final victory by Continental forces.

To celebrate these strategic victories over 240 years ago, the Asheville Amblers will present a Revolutionary Multi-Event weekend celebrating these victories on October 16-17, and will have separate events for each battle. The walks will be on the actual battlefields where these momentous battles took place. Both walks will be available each day of the weekend.



The picnic shelter at Cowpens National Battlefield will be the registration point for both events and the start point for Cowpens. Directions to Kings Mountain National Military Park will be provided at registration. You can do the walks in one day or one each day. As this will be in the fall, you may want to take extra time to enjoy the colorful changing leaves as well as the apple harvests available in the area.

Cowpens 10k is rated 1B and winds along a nature loop with shaded paths and includes ruins of an old homestead. Walk then continues on to the battlefield loop with extensive explanations on how the battle was fought and its overall importance. It also includes an actual settler's cabin plus a most interesting movie at the Visitor Center. The Battlefield Loop is rated 1A and suitable for wheel chairs and strollers. Either loop can be done for the 5k option. Pets must be on a leash.

Kings Mountain 11k is rated 3B and includes an extensive walk along shaded forest trails to an old lookout tower site and then returns to do the Battlefield Loop. The 5k Battlefield Loop takes you up the slopes that the Over the Mountain men climbed to do battle with a Loyalist Battalion lead by British Major Ferguson who had vowed to kill all who opposed his force and British rule. This loop is rated 2 A.

To enhance your enjoyment of this weekend, the Amblers will make available their world famous brat and hot dog platters on Saturday, October 16. Preregistration will be required for the walks and the brats as exchange of money not allowed at these parks. A downloadable brochure with registration form will be available on the Ambler website, ashevilleamblers.com. You may also get more information from the POC at jumianc@aol.com.

So mark your calendars now for this memorable multi-event weekend! 🍗🍔

Southeast Region continued on page 11

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.

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.



Southeast Region *continued from page 10*

Carolina calling

For those living or traveling in the Carolinas there are great walks from Travelers Rest in the northwest, to Charleston, to the Hilton Head area in the south. While Beaufort and Charleston are nice walks, let's look at a few walks inland.



There are 11 walks and a bike from Columbia in the center of the state (was that where the Swamp Fox, Francis Marion, hid out?) to the North Carolina border before going north into the many walks around Asheville. From the beautiful Furman University (the exceptionally well-manicured Furman University with its Carillion) and Greenville's Urban trails to the Capital Walk in Columbia, these are events to be walked and remembered. Greenville offers a wonderful, shaded, experiences downtown at the City Parks and Historic walks; pictured is the Reddy River Falls and Liberty Bridge in downtown. The South Carolina club, Upstate Pathfinders, walks also take you onto the 23-mile Swamp Rabbit Trail that some of their walks use. There are two great Parks (Paris Mountain State Park and Lake Conestee Nature Preserve, a county park), one 15 miles north and the other south of downtown. At Lake Conestee the Reedy River ambles through a diverse ecosystem with well-marked trails and nice viewing areas while the trails on Paris Mountain in the Appalachian foothills are many and diverse.

The Columbia Capital Walk is truly enjoyable. Managed by the North Carolina based Asheville Amblers, it moves you through the capital and the University of South Carolina in a way that makes the history of the area evident. Starting with President Washington's sculpture at the front of the capital, the amazing circular walk around the entire building is brimming with history. A short walk away is the university that provides a very shaded stroll past many historic buildings. Additionally the Amblers host a nice walk in Spartenburg, just east of Greenville that visits the women's Converse College.

These fine walks are easy to find, some are online, and are walkable. From the northeast roll down I-85, from the Midwest come on I-40/I-26, or from the west via I-20 to Columbia and I-26/385 to Greenville/Spartenburg. 🚶🏻‍♂️



AVA Special Program – Rails-to-Trails

Runs January 1, 2022 through December 31, 2025. Redeem completed books by December 31, 2026. Any sanctioned YRE, Seasonal or Traditional event that walks/bikes on a portion of an official Rails-to-Trails Conservancy identified trail (which can be found at traillink.com/trailsearch) qualifies. One stamp per event per year except for Guided Trail events which use the same stamp – in this case the sanction number identifies a unique event. The AVA Special Program booklet contains room for 16 stamps. For details and books contact Sherry Sayers, Colorado Springs Walking Club, 3524 N. Cascade Ave, Lot #58, Colorado Springs, CO 80907, cswc@avaclubs.org. Completed books may be sent to Sherry, or scan image of your completed book and email it to cswc@avaclubs.org for a 3"x4" award patch similar to the one pictured. POC: Sherry Sayers, 719-640-6745, email cswc@avaclubs.org.

Mon Valley Trailblazers Johnstown Traditional walk

Just before 4 p.m. on Friday, May 31, 1889, a monster raged out of the mountains just to the north of Johnstown, Pennsylvania. The bustling 19th Century industrial town, at the confluence of the Little Conemaugh and Stoneycreek Rivers and surrounded by mountains, was about to be devastated by a beast no one saw coming.

The Little Conemaugh River had transformed from a peaceable mountain river into a wall of mud, water and rock, 40 feet high rising up to wipe the town off the face of the earth. David McCullough describes

Slap Shot was filmed.

The second 5k rambles through the neighborhood of Westmont, atop a hill with a wonderful view of Johnstown and the rivers. This neighborhood was built up after the flood to provide a safer residential area for the town's industrial workers. It provided refuge to citizens during the later floods.

Also built was the Johnstown incline plane (inclinedplane.org/), to carry the workers from the hilltop down to the industrial plants. The inclined plane was originally incorporated into



this disaster in *The Johnstown Flood*. This disaster resulted in the greatest loss of civilian lives in the United States up to that time and was not exceeded until the Galveston Hurricane of 1900 (McCullough).

Additional floods in 1936 and 1977 also left their mark on the town.

Walk with the Mon Valley Trailblazers on September 18 in Johnstown along the Little Conemaugh, Stoneycreek and Conemaugh Rivers where the disaster took place. We will walk through downtown and the town square, where a statue of the town's founder shares the park with a tinkling fountain and gazebo.

We will walk by the Johnstown Flood Museum. Hours are 10 a.m. to 5 p.m. jaha.org/attractions/johnstown-flood-museum/.

We then cross the Little Conemaugh River and continue along the Conemaugh River, under the Johnstown stone bridge, where many people lost their lives during the flood. Read a short description of the engineering significance of this bridge at historicbridges.org/bridges/browser/?bridgebrowser=pennsylvania/johnstownstonebridge/.

The downtown walk takes us pass the arena where the iconic 70's movie

our walk, but unfortunately, is closed until early 2023.

There are many other things to see and do around Johnstown. Nearby are the Allegheny Portage Railroad National Historic Site and the Johnstown Flood National Memorial (located where the Southfork dam collapsed, creating the disaster).

Within easy driving distance of 30-35 minutes are the Ligonier and Flight 93 AVA walks.

During the weekend of our walk, Johnstown is holding the Slavic Festival, a celebration held annually to showcase Slavic food and culture (jaha.org/events/johnstown-slavic-festival/). Directions accompany our walk instructions.

This Traditional event will become a 2023 Seasonal walk, after the incline railway is repaired, but it will not be ready for 2022.

Come and see Johnstown! Make your reservations at the Holiday Inn Downtown (start point for our walk), 250 Market Street, Johnstown. Mention the Mon Valley Trailblazers or the AVA, for the special rate. For questions, email Steve Edson, sredson3@gmail.com. 🚶🏻‍♂️

Atlantic Region continued on page 12

Atlantic Region

Fall foliage in western Pennsylvania

continued from page 11

By Mary Minderlein

Are you looking forward to fall foliage season? Well, look no further than western Pennsylvania. The Mon Valley Trailblazers have walks through some of western Pennsylvania's most beautiful areas for leaf peeping.

The change of seasons is especially beautiful in Pennsylvania, with its vast parks, picturesque mountains and clear lakes. The best time to see fall colors in Pennsylvania is mid-October, although it is earlier in some parts of the state. With oak forests dominating two-thirds of the state, chestnut oak, scarlet oak and black oak exhibit fall yellows and reds. Sugar maple adds some orange tones, while red maple adds a few scarlet notes.

Presque Isle Walk takes you through Presque Isle State Park near Erie. The woodlands of Presque Isle State Park overlooking Lake Erie and Presque Isle Bay are bathed in a striking swath of color every fall. There are always deep reds, golden yellows and apricot-orange. In the fall, you will also see migrating birds, including many of the state's endangered, rare and threatened species.

Thirty minutes south of Presque Isle is the Pymatuning Spillway Walk near Linesville. The hardwood trees in Pymatuning State Park show dazzling fall colors. Walk to the spillway where you can see ducks walk on the backs of fish to get to bread thrown by visitors! (OSB).

Thirty miles west of Pittsburgh is Raccoon Creek State Park. The Raccoon Creek State Park walk takes you through the 314-acre Wildflower Reserve which is home to more than

700 species of plants. The beauty of the changing leaves surrounding the stunning plants in the Wildflower Reserve is a sight you do not want to miss!

With some 150 miles (240k) stretching from Pittsburgh, Pennsylvania, to Cumberland, Maryland, the Great Allegheny Passage (GAP) has great views of fall colors. The West Newton Walk/Bike will give you a glimpse of fall colors in the Monongahela Valley. With the option to cycle any part of the GAP, you can see even more dramatic scenery, as the trail goes through valleys, around mountains and alongside three rivers (the Casselman, Youghiogheny and Monongahela). Confluence Walk is on town streets and on the GAP. You will cross bridges and see where the Youghiogheny and Casselman Rivers meet Laurel Creek. Confluence's location in the Laurel Highlands means spectacular fall foliage, particularly where the rivers and creek come together.

Ohiopyle State Park, gateway to the Laurel Highlands, is a beautiful fall foliage destination in the southwestern part of the state. This 20,000-acre park reaches the peak display of fall colors in early October. The Ohiopyle Walk goes through the town of Ohiopyle, as well as on the GAP and the Ferncliff Peninsula. The most beautiful fall foliage views will be on the Ferncliff Peninsula's wooded trails. (OSB)

Although Western Pennsylvania is beautiful any time of year, come see it in the fall. You'll be glad you did! Go to MVTrailblazers.com for additional information. 🍂

Sea Witch in Rehoboth Beach, Delaware, is now a triathlon!

The First State Webfooters are very excited to announce that our Sea Witch event will be a triathlon this year! The date is on Saturday, October 30. We'll offer 5k and 10k walking routes as well as six bike trails ranging in distance from 10.6k to 43k and, for the first time, a 300 meter swim event. The start/finish will be in the back parking lot of the Sussex Family YMCA, which worked really well last year. Restrooms are available in the YMCA.

The YMCA will also dedicate two swim lanes for our swimming event from 11 a.m. to 1:45 p.m. We will stamp books when you register in order to reduce contact — still being safe. We will have water, snacks and baked goods (mostly homemade) available for a donation.

The Sea Witch Festival is a lot of fun. The whole weekend has events, so you may want to book a hotel and stay. There is usually a big parade (not held in 2020, but hoping it will be in 2021) on Saturday beginning at 11 a.m. Access to and from the YMCA will be available using the Church Street exit even though other roads are closed for the parade. It's fun to walk and stop to see the parade along the way, if you like.

There are plenty of restaurants and stores, too. Restrooms are also available along the way (and at the checkpoint). The boardwalk is fun to walk on, although you can walk on the sand instead. Look for dolphins swimming and jumping around in the ocean. We have seen whales, too, in recent years. We'll have the October 2021 AVA patch available for sale as well as First State Webfooter shirts and older patches and pins (for a donation). Fall is a wonderful time to visit the beach. Please, join us for the Sea Witch festival to walk, bike and/or swim. 🍂



Kathy Kresko, First State Webfooter club president, and Linda and Bill Hassell.

Lee Lepus to hold their 91st event in Sandton, Virginia

Lee Lepus Volksverband, the 27th club to be formed in the US in 1979, is still going strong. They will be hosting their 91st Volksmarch on October 9. It will be in Sandston, Henrico County, Virginia. As always, length will be 5k/10 k, trail rating is 1B, on sidewalks and residential streets; suitable for strollers and wheelchairs. Start/finish will be in the Henrico County Public Library, Sandston Branch, 23 E Williamsburg Road, Sandston. Due to the library operating hours and access to restrooms, the start times are between 10:30 a.m. and 12:30 p.m.; finish 3:30 p.m. Please provide your own bottled water.

There is no special award for this event; however, awards from past events will be available for purchase. Free walkers are welcome, but all participants must register and carry a start card.

AVA Special programs on this walk are: Airports-Celebrating American Flight, Little Free Libraries, Walking With American's Veterans, Walking the USA A-Z Program and Henrico County (Virginia Counties Program).

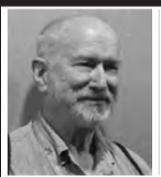
To get there from I-295, take Exit 28 onto US 60 W (Seven Pines). Drive west for two miles on US 60 (E Williamsburg Rd) to library on left. Park in the lot on the right as you face the library. Library is east of Richmond.

For more info contact Gin at 703-201-1987 or armacostg@cox.net. Look forward to seeing you in Sandston. 🍂



Atlantic Region continued on page 13





Ken Johnson, DRD
nc_drd@ava.org

**North
Central
Region**



Susan Pinneke, Director
nc_rd@ava.org

North Central Round-Up

I would like to invite you to visit the North Central region this fall. We have a lot going on! Here are just a few of the many events available in the North Central Region.

In Iowa, you can enjoy a Sound Mind in a Sound Body weekend celebration in Davenport. You can take an Underground Mine walk in Minnesota. Maybe you'd like to explore your Norwegian heritage, you can do that in Stoughton, Wisconsin. South Dakota is buzzing with activity, with both a multicounty walk weekend and fall Crazy Horse. You can participate in a great Patriots Day event in Omaha, Nebraska. Check out these events and more on the AVA website and plan your visit to the North Central Region.

I would also like to give a big shout out to two clubs in the region, the Black Hills Volkssport Association for Crazy Horse and The Madison Area Volkssport Association for the wonderful 2021 AVA convention. Congratulations to both clubs for excellent events. 🌿

Atlantic Region

continued from page 12

Sugarloafers – The Four Fs: Fun, Fitness, Friendship and Food

By Anthony (Tony) Laing

The Sugarloafers Walking Club of Montgomery County, Maryland, fulfill the mission of Volkssporting with fun, fitness and friendship. In addition, we enjoy our food!

The Sugarloafers have resumed their monthly club dinners after a year of COVID-19 ordained abstinence. The club meets on the third Thursday of every month in the evening at a local county restaurant for food, friendship and libation. Members select a different restaurant every month. These dinners enhance our bonds of friendship.



The club continues their Wednesday morning 5k or 6k club walks on various trails throughout the county and even into nearby Frederick County. In the summer, the walks start at 9 a.m. but once the summer heat is over the walks start at 10 a.m. and end just in time for some of the walkers to have lunch together.

The club has held two Traditional Events so far in 2021 and plans two more later in the year:

- September 11 - The Easterday Farm at Myersville, Maryland. This is a first time walk created in honor of a long-time walker and our event will be part of the food and festivities.
- October 2 – Oktoberfest at Frederick, Maryland. This walk is a yearly tradition for the club and is held in conjunction with an Oktoberfest at the adjacent fair grounds. Club walkers are given free admission to the Oktoberfest to enjoy the delicious German food and drinks as well as the German music.

All are invited to join our fun activities. 🌿

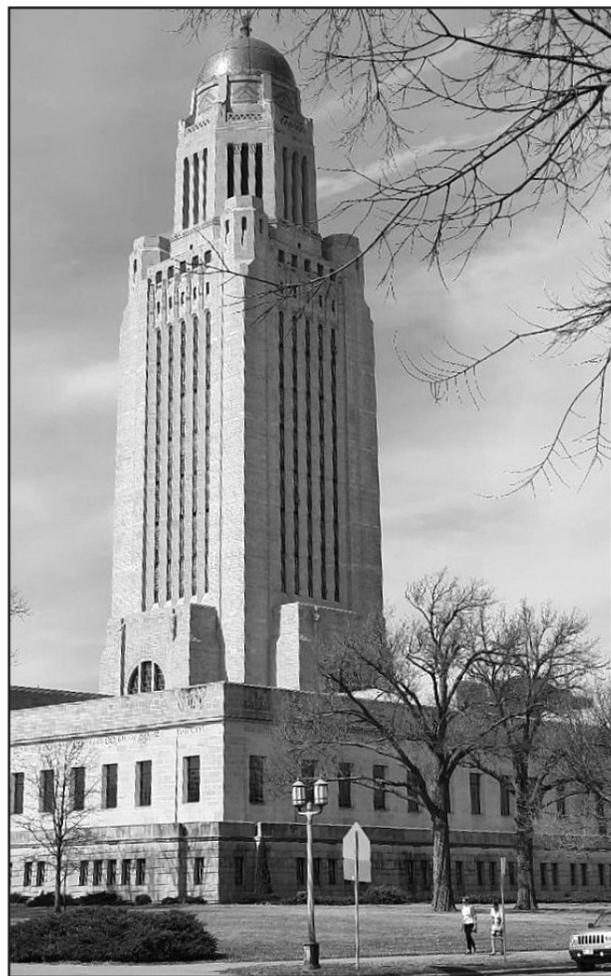
The past rekindled

By Lee Frantz

In January 2021, after hosting many years of events, The Lincoln Volkssport Club (LVC), in Nebraska, ended a long historic run as an AVA club. However, like the mythical bird, The Phoenix, the past can often be rekindled. The Nebraska Wander Freunde Trailblazers (NWFT), up the road in Omaha, have kept alive three incredibly special walks from the LVC repertoire. A capitol walk was a must; and walks in historic Nebraska City, Nebraska, (birthplace of Arbor Day) and Seward, Nebraska (Nebraska's 4th of July City) were picked up without hesitation.

The capitol walk is a wonderful stroll through the downtown campus of the University of Nebraska and Memorial Stadium, which is famed for the four time national champion Cornhusker football team. You will walk through the revitalized Historic Haymarket Entertainment District with the new Pinnacle Bank Arena, event home to top named national performers and NCAA basketball. A visit to Lincoln's beautiful downtown, the Sunken Gardens (named one of 300 best gardens in the U.S. and Canada) and an architectural masterpiece, the state capitol building will round out this Year Round Event (YRE). The capitol building has a 400-foot (120m) tower that can be seen up to 20 miles (32 km) away from the city.

Seward, Nebraska, is the state's proclaimed 4th of July and Hometown Christmas City. This walk takes you on tree-lined historic brick streets and past a National Historic Courthouse. Courthouse construction, with corner towers and a central dome, was influenced in the classical revival style. Its lofty ribbed center dome, with cupola, is decorated with pediments, smooth and squared engaged columns, and chiming clocks. Finish up this YRE walk on a sculpture lined hike/bike trail, past a display of Husker/USA flags, and the state's National Guard Museum. Be sure to keep an eye out for the Little Free Library.



Nebraska state capitol.

The last walk rekindled from LVC is in "The Home of Arbor Day," Nebraska City, Nebraska. This walk takes you through the grounds of Arbor Lodge, home of the first secretary of agriculture of the United States, J. Sterling Morton, who was best known for promoting the planting of trees. Additionally, the walk takes you to Morton's historic apple orchards and Arbor Day Farms, the enchanted Tree Adventure for children of all ages and along a wooded path to the Lied Lodge and Conference Center. Lied Lodge was thoughtfully designed to be a grand, beautiful, nature-inspired facility. Look for the numerous log trusses and 12-30 foot-plus log supports used throughout the structure. Continue the walk into charming downtown Nebraska City with its thriving local business, murals by famed local artists, veteran memorials, a Civil War Museum, Windmill Museum and Firefighter Museum. This Seasonal Event (April 1 through October 31) encompasses two wonderful weekend festivals — the Arbor Day Celebration and Apple Blossom time in late April, and the 50-plus year-old Applejack Festival (a harvest festival) the third weekend September.

So, come visit us in Nebraska. These walks have been rekindled, reawakened, revised, restored and revitalized just for you. 🌿

North Central Region continued on page 14

North Central Region *continued from page 13*

NSTT walks through autumn with a memorial walk

The NorthStar Trail Travelers (NSTT) is taking full advantage of the beautiful autumn weather in Minnesota with seven more walking events in the state parks in 2021.

Six of those events are part of the Ely Club Trip scheduled for September 8-15. See the last issue of *TAW* for more info or go to nstt.org, click on Events, then on Ely Club Trip.

On October 30, NSTT will sponsor a guided walk at Minnesota Valley State Recreation Agency near Jordan, Minnesota. The walk will be the club's annual meeting guided walk that includes a potluck lunch, short club meeting and lots of door prizes. Walkers are encouraged to bring a dish to share for the potluck. The walk will be along the Minnesota River, through prairies and forested areas.



Golden Glow leather pin award.

The walk will also be a memorial walk for club and board member, David Walz, who passed away from cancer in June. Dave was an enthusiastic volunteer for the club and was always ready to lend a helping hand in setting up for events, marking trails, taking down trail markings and just plain being there when needed.



David Walz.

Dave started Volksmarching in Germany back in the '70s while serving in the Air Force. He brought back many of the cherished medals given out in the early years and continued to walk for awards with NSTT. He was married and leaves behind his wife, Bonni, and two daughters, Shannon and Amy. He loved to hike, camp, RV and travel. Together he and Bonni worked on various Habitat for Humanity projects throughout the United States.

Dave was awarded NSTT's Above & Beyond award before he died, in appreciation for all his work for NSTT. It's the highest honor our club can give a volunteer. He will be missed at every future NSTT event. 🌿

South Dakota County Walks, September 10-12

Don't miss the South Dakota County walks sponsored by The Prairie Wanderers Volkssport Club September 10, 11 and 12. Please check the My AVA website for locations, scheduled dates and times for these events.

In addition to the scheduled walks, we would like to invite walkers to a meet and greet dinner on Saturday night, September 11, at the Homesteader 2 in Winner. Please note that this is a different date than was stated in an earlier *TAW* edition. People wishing to attend the meet and greet should notify the registration table volunteers at the Plankinton walk on Friday morning, or email me at the below email address.

We are not recommending any particular hotel to stay at during our events. Mitchell has a number of nationally known hotels to choose from, and it is centrally located for the walks in Plankinton, Armour, Tyndall and Wagner. For the two western most counties we recommend staying in Winner on September 11. There are two nationally known hotels in Winner.

We invite everyone to join us for these weekend events. This is the first time we have ever held walking events in these counties. All of the towns we are walking in are county seats except two, Tyndall and Wagner. If you have any questions about the weekend events contact Gary Lofswold at GEL_601@hotmail.com.



Regional Director notes

Greetings to AVA Members. Today I and my Deputy Regional Director, Ed Hainline, are in San Antonio completing our officer training with time to meet and work with the new AVA Board.

Around the NW Region walkers are glad to be walking together again after our long break with COVID-19 restrictions. As of this writing Canada will soon be opening the border (August 9) to vaccinated U.S. citizens to cross into Canada. We are hopeful that the U.S. will open its border soon to our Canadian walking friends. Many of our club members in Washington and Oregon also are members of Canadian clubs and enjoy the social activities and walking that goes along with the friendships.

It is time to get your walking travel plans up to date. September 16-19, "Salute to Central Oregon" brings another fun gathering at Bend, Oregon, with many walks and hikes to choose from hosted by Columbia River Volkssport Club. April 22-24, 2022, it will be time to plan for "Wild and Woodsy" hosted by Capitol Volkssport Club in Olympia, Washington. Our NW Regional Conference is scheduled for June 16-19, 2022, in Ashland, Oregon. Make your plans to attend these wonderful events that promise awesome walks and hikes.

The Canadian Volkssport Federation has announced their 2022 convention. It is planned for May 27-29, 2022, in Penticton B.C., Canada, featuring the Okanogan Valley. It will be fun to explore a new part of Canada. This is an opportunity for Washington and Oregon Clubs and others to plan "Walk to Penticton" with current YREs and perhaps new YREs. It would be fun to enjoy each other's company on walks and bike events as we travel to Penticton.

Ed and I look forward to enjoying your walks and club meetings as we get to know more about the clubs in our region. See you on the trail! 🌿

Save the date for Wild and Woodsy in Washington

Capitol Volkssport Club of Olympia will be hosting Wild and Woodsy in Washington April 22-24, 2022. Mark your calendars now, make lodging reservations in the Lacey/Olympia area and come prepared to have a wonderful time walking, hiking, biking, catching up with old friends and making new ones.

The registration point for all walks will be at the Washington Association of Sheriffs & Police Chiefs, 3060 Willamette Dr. NE, Suite 200, in Lacey, Washington.

Excitement is high as committee members are discovering new walks in old growth forests, local parks, along the shores of Puget Sound and some yet undisclosed areas. A vehicle will be necessary for getting to and from the actual walk start points.

For more information, registration and dinner reservation forms (with four entree choices!), go to capitolvolkssportclub.org.



Picture yourself beside this old growth tree in the Olympic National Forest.

Northwest Region continued on page 19

SAY CHEESE!

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




Green Bay walk..



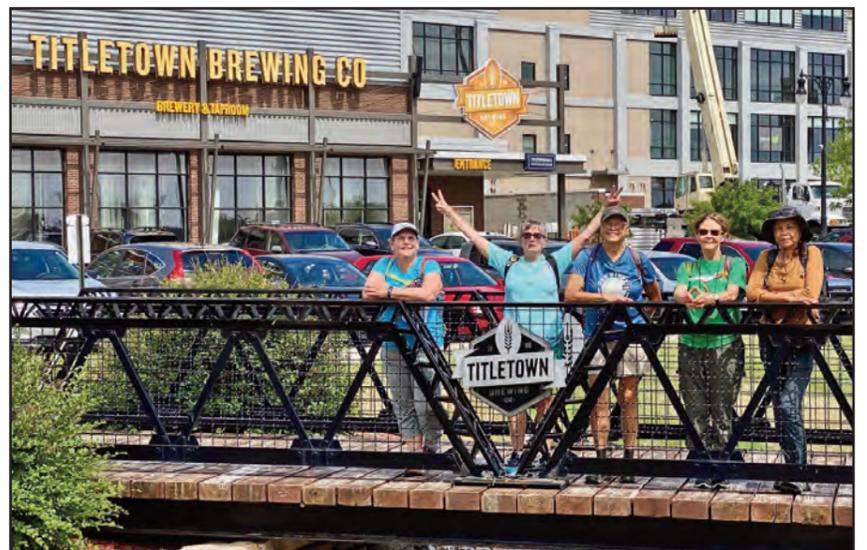
Wisconsin Capitol dome.



Monona Bay Walk - The Badger, Wisconsin's State Animal.



Don Suloff says Mary Ptacek "converted" to a cheese-head. Say it ain't so!



Some walkers obviously walking and foraging!



On the trail in Pheasant Branch Conservancy - Priscilla Fife, Terry Way and Jean Lucas.



View of the Wisconsin Capitol Dome from Monona Terrace.

Convention photos continued on page 16



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




We're all about walking!

Monona Bay President's Walk



The President's Kickoff Walk started with a welcome by Madison Mayor Satya Rhodes-Conway on Monona Terrace. Walkers were there to listen and then it was time to hit the pavement!



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

Pheasant Branch Conservancy Walk



Convention photos continued on page 18



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



AMERICA'S WALKING CLUB
ESTABLISHED 1976

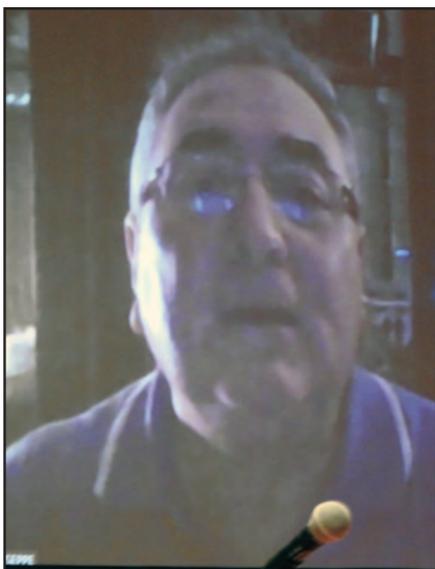
AVA Convention meetings, socials and workshops



The State Association's Meeting was led by John McClellan with the group doing a lot of brainstorming.



The Ice Age Trail had several presentations throughout the convention.



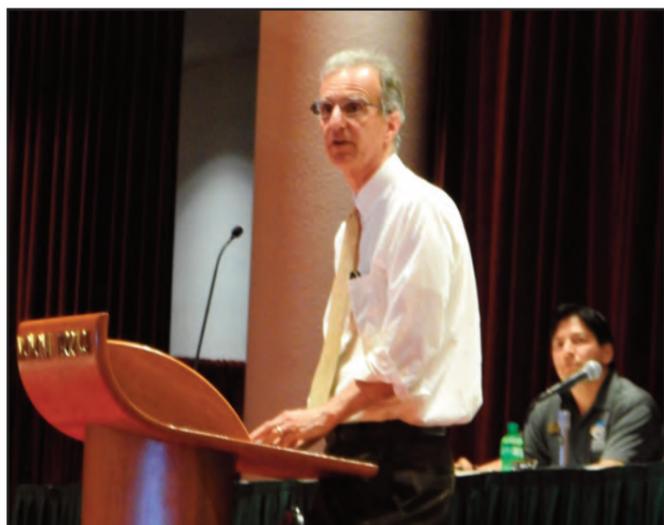
A Zoom call from IVV President Giuseppe Colantonio of Italy during a business meeting at convention.



New officers introduced to the members.



Lauren Nunn from the National Pediatric Cancer Foundation.



Speakers Joe Parisi, Dane County Executive (left) and Spencer Morgan and Kevin Holtzclaw from Element3 Health (right).



Northwest Region

continued from page 14

Two more avid Volkssporters gone

By Sam Korff

May and June 2021 has seen two Oregon Volkssporters pass from the world of walking.

Sally Ross was the leader of the Eugene-Springfield Mossbacks Volkssport club for many years.



Sally Ross.

Her husband, Frank, passed away in 1997 at the Muncie, Indiana, convention. Sally and Frank led the Mossbacks for well over 30 years. Sally organized the Mossbacks van that travelled to Volkssport events all over Oregon. She was also a driving force in the Yachats Coastal Gems for many years. She was the point of contact for so many Year Round events that it's hard to calculate this contribution to Volkssporting. She was a tireless worker and served nine years on the Oregon Trail State Volkssport Association Steering Committee. She was awarded AVA's Distinguished Achievement Award in 2011. She (and Frank) also received the esteemed Oregon Flame Award for Inspiration. Although she avoided using or owning a computer, she would go to Carmella Swinney for computer work. She also didn't like the use of cell phones, but she had one for use when the Mossbacks or the Coastal Gems were the sponsors of events. Most of the time her cell phone was turned off. Sally also spearheaded the 2015 convention event in Clear Lake, Oregon.

Lucille Messner was also a fixture in Oregon Volkssporting. I first met her in 1995 while doing the worker walks for the 1995 Portland Convention. She and her son, Norm, worked at the events as we did and we became fast friends. In those days, we would meet them at walks, and when we met others that we knew on the route, we would stop and yack with the others for up to a half hour. After the walks, we would all go to breakfast with the others. At the breakfasts we would talk, laugh and carry on for well over an hour. Lucille received the very first

Oregon Flame award for Inspiration. In those days, Norm, Lucille, my wife and I would walk three events on Sundays. Lucille walked the Astoria Bridge Crossing event numerous times, even when she was 88 years old. We usually got rained on during the bridge crossing. One year, at the end of the crossing, she used the outdoor potty and she was in there for what seemed too long. We banged on the wall and asked what was taking her so long. She replied that it is easy to get wet clothes down, but nearly impossible to get wet clothes back up again.



Lucille Messner.

At a Portland Rose Parade event, I asked Lucille to get the walk instructions while I used the facilities. When I returned, we started to walk. After three or four kilometers, we noted that the route markings were different from what we expected, so we decided to look more closely at the directions. We discovered that she had picked up the 5k instructions for the 10k walk. We laughed and decided to make up our own walk. We met some of the 10k walkers going in the opposite direction. They asked what we were doing, and after we explained, they said "we worry about you two."

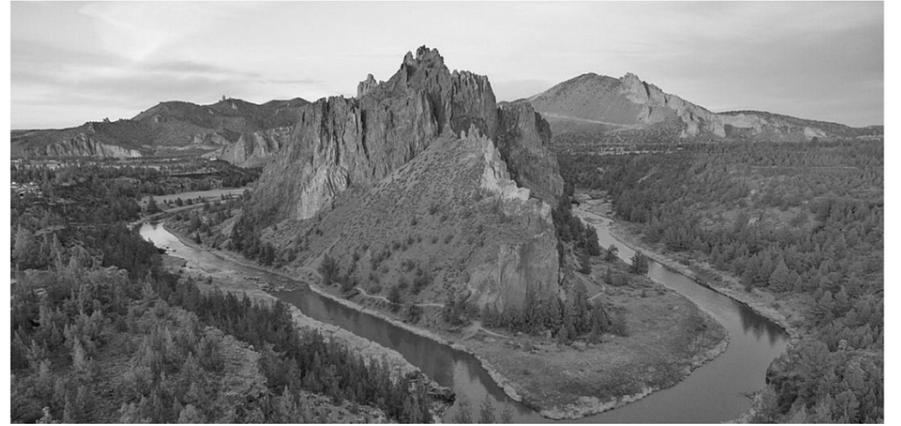
With the loss of Sally and Lucille, it seems like the end of an era. Both will be sorely missed.

Salute to central Oregon Multi-Day Event returns in September

By Annette St-Pierre

With its high elevation come cool mornings, warm afternoons and tons of sunshine. Central Oregon is the perfect fall getaway! Columbia River Volkssport Club (CRVC) has planned a long September weekend of great events for you.

Being at the base of the Cascades means there are lots of options for beautiful hikes, walks and bike rides. CRVC has selected a number of these that best showcase the area. From trails leading to a viewpoint with a 360-degree view of Bend and the mountain-studded horizon, demanding full-day hikes through lush forests to cascading water, walking through a canyon between awe-inducing massive rock walls, or circling around a turquoise lake within the caldera of a volcano, every kilometer offers a different landscape.



Smith Rocks State Park.

Between walks or hikes, shopping in Bend is a favorite because there are so many cute, quaint shops in downtown Bend. If outlet shopping is more your thing, there's an outlet mall featuring Columbia, Eddie Bauer, Nike and more. And there is the Mill District – it's a great outdoor mall that has mostly chain stores and restaurants, but everything is tax free, so, bonus! The dining scene in central Oregon is creative and cosmopolitan.

I just learned that Bend has more breweries per capita than any other city in Oregon, and it's been dubbed "Beer City USA." (The birthplace of the craft beer industry, Bend and central Oregon, have more than 30 innovative breweries.) If you're like me, and you're not into beer, never fear – there are some great cideries, wineries, distilleries and a kombucha taproom in Bend.

Friday evening CRVC will treat you to a Meet & Mingle, an opportunity to catch up with friends or meet new ones, and on Saturday we'll gather for a no-host barbeque. Point your browser to walking4fun.org and click the "Central Oregon 2021" tab at the top to explore all 13 walks, three bike rides and a swim, and to download the mail-in registration form.

Join us September 16-19, in Bend, Oregon. Country Inn and Suites by Radisson will be the event headquarters. For the group rate, phone 541-617-9696, Monday through Friday and ask for the America's Walking Club rate. For event info go to Walking4fun.org or call 503-780-4568.

See You There! 🍷

The IVV Olympiad

Is Coming to San Antonio, TX February 2023!

AMERICA'S WALKING CLUB

AVA

VISIT AVA.ORG FOR MORE INFORMATION AND UPDATES.

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, 108 S. Alamo Street, San Antonio, TX 78210. Email karen@ava.org.

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, 108 S. Alamo Street, San Antonio, TX 78210. Direct questions to karen@ava.org.




**Mid-America
Region**



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Illinois Trekkers support Komen



The Illinois Trekkers Volkssport Club joined the Stifel Komen Team in St. Louis, Missouri, as part of a virtual walk to support the Susan G. Komen Breast Cancer Foundation. This is the second year the Trekkers have joined the Stifel team. Due to COVID restrictions, the group walked at one of the club's YRE's at the National Shrine of Our Lady of the Snows in Belleville, Illinois. It was a beautiful morning on June 12 with 20 participants. The Stifel Team Captain is Geoffrey Bright, son of the Trekkers club president, Trudy Duffman. The group looks forward to the 2022 event with a walk of all participants in downtown St. Louis. 🚶‍♀️

The Great American Rail Trail

On October 9 Valley Vagabonds is sponsoring a walk on the Heartland Trail through the beautiful Ohio farmland with lots of fall color to be seen. The Heartland Trail is part of the Great American Rail Trail, a coast-to-coast hike/bike trail from Washington, D.C. to Washington state. This was the first section of the Great American Rail trail to be completed after the Great American Rail Trail project was announced by Rails-To-Trail Conservancy. Start time is 9:30 a.m. to 12:30 p.m. finish by 3:30 with a 1A rating.

In the area of the Orville, Wooster and Mansfield Year Rounds qualify for these AVA Special Programs: American Veterans, Little Free Libraries and Rockin' Around the Clock; plus for a dollar in the afternoon you can ride the carousel at Mansfield. In addition, if you are going for the carousel program there is a special 5k walk at the Cleveland Cultural walk starting at Cosmic Subs. For the Great Lakes program, the downtown Cleveland Year Round and the Conneaut Year Round qualify, plus both qualify for AVA Walking With American Veterans Programs. Berea City walk has a tower clock.

Come to the Cleveland area and spend the weekend filling out all those AVA Special Program books. 🚶‍♀️

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.



History of the Volkssport awards t-shirt

By Kimberly Bradley

Like everyone else I earned my awards, got many patches and wanted to display them. Sewing your award patches on your jacket is great, but it gets very heavy the more awards you earned. I was looking for an easier way to display all of the awards without having to sew them on.

I got written permission from IVV/AVA to create the t-shirt. I had to get one of each award as image files were not available. I laid them out on the bed to see what arrangement worked best, then scanned in each award into the Corel Draw program. A local company screen printed some samples in 2003. I had to add boxes around some awards as they didn't show up very well when printed.

I used different companies as one would phase out its large format screen printing. Yuri and I started selling the t-shirts at the Colorado Convention in 2003 and had a fun time doing it. Yuri passed away in 2008 of stomach cancer. I continued selling the t-shirts until 2011 when I became Mid-America Regional Director and it was considered a conflict of interest.

In 2021, I decided to bring back the Volkssport awards t-shirt to help bring back interest in the AVA. Also, I am retired now and have more time to devote to them. I had to get all new permissions from the IVV and AVA. Then I had to find a new company to screen print them.

Companies rarely screen print now, as it's more expensive and takes more time. Everyone's gone to digital printing, which gives much finer detail and more vibrant colors. I wanted our convention at Madison, Wisconsin, to



be the debut of the new t-shirts. I searched for a company that would give me the largest print possible and ordered samples, which were good. Then I found another company that could make a larger print area but had no time to order samples, so had to trust that it would work out. I ordered the t-shirts and arranged for delivery of the t-shirts to my hotel in Madison. The t-shirts arrived in time but the company never notified me they had shipped them. After a number of worried nights, I called the hotel and luckily they were there. The t-shirts were printed just the way I wanted.

People wanted to know "Why should I buy another t-shirt? I've got hundreds of them." I respond that awards were what attracted all of us to this sport and this was an easy way to show new walkers what they could earn. Go to any IVV event with this shirt on and you'll get everyone's attention.

For more info go to kimberly-bradley.square.site, or contact Kim at KimiBradley@comcast.net, 217-778-1718. 🚶‍♀️

Alone or not
you gotta walk
forward

~Cecelia Ahern

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.







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**Northeast
Region**



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Autumn adventures with Walk 'n Mass

By Joseph LaPointe

Autumn is a magical time in New England. Apples, pumpkins, stunning foliage, hayrides and beautiful crisp days with bright blue skies. Grab a cup of apple cider, a warm cider donut and join us as Walk 'n Mass enjoys this wonderful season.



Fall foliage.

Please join Walk 'n Mass on October 9 as we host a Traditional Volkswalk in Turner Falls, Massachusetts. The walk will start at Great Falls Discovery Center, 2 Avenue A. Walk routes (6k and 11k) will traverse the Canalside Rail Trail, go through parks and explore city streets. Turner Falls is a historic mill village on the Connecticut River. For more info contact Jan and Bob Varnon, jcvarnon@yahoo.com, 413-244-4128.

Walking on Tuesdays continues through October. Keith Harlow is devoting Tuesdays during this period to walking Year Round and Seasonal events and is inviting others to join him to walk and have lunch/ice cream (as pandemic permits). For more info on where Keith is walking and joining a walk contact him at krhguy13@yahoo.com, 508-353-3336.

Walk 'n Mass will be running a number of group walks across Massachusetts and Rhode Island during the autumn months and would love for you to join us. For additional info on upcoming walks and how to participate visit our website walknmass.org or follow us on Facebook at AVA Walk 'n Mass Volkssport Club (m.facebook.com/WalknMass).



AVA Special Program – Town Halls/City Halls

Runs January 1, 2022 through December 31, 2024. Redeem completed books by December 31, 2025. Complete 15 AVA sanctioned walks that include a town/city hall. The building must be marked as such or have a plaque as a historic site of one. A hall may only be used once, even if multiple walks go by it. The patch depicts the Ashland town hall and the Fredericksburg city hall, both in Virginia.



Order books from Peninsula Pathfinders, 302 Queens Crescent, Williamsburg, VA 23185. POC: Sandy Croushore, 757-532-3468, email szcroushore@verizon.net.

Join us on a special walk in Manchester, Vermont!

By La Verne Stiles

Autumn in Vermont is special. Leaf-peepers travel from all parts of the country and the world to see the explosion of colors that blanket the mountains. Take advantage of the season with the Empire State Capital Volkssporters (ESCV), who are planning to host a 10k/6k event in Manchester, Vermont, on Saturday, October 2. It is also the 20-year anniversary of this event that was co-hosted with Twin State Volkssport Association in 2001.



The First Congregational Church in Manchester was organized in 1784. This iconic New England church building in Manchester was built in 1871 and is on the National Register of Historic Places. It is the town's tallest building. Photo by Linda Morzillo.

Manchester is located in the Battenkill Valley of the Green Mountains of Southwestern Vermont. It is a charming small New England village that boasts gracious homes, many eateries and boutique stores. Walkers will enjoy Manchester's attractive streetscaping. The route will begin in the area of Manchester Village, a National Register Historic District. Walkers will pass the Orvis Flagship Store and world-class Fly-Fishing School. The Burr and Burton Academy, which opened in 1828, is also along the walk route. It was founded as an institution preparing young men for the ministry and later became the first coeducational school in Vermont. Walkers will also pass by the stately Equinox Resort and Spa, which first opened in 1769 and has always "catered to the highest classes of society," including several presidents. The north wing of the building was the original Orvis family's homestead. The Equinox golf course boasts beautiful fairways with spectacular views of the surrounding mountains.

there are no restroom facilities at the start point; however, there is a Stewart's across the street, a market next door and a McDonald's on Depot St, a short distance into the walk.

The route includes Manchester Center, which showcases an impressive mix of eateries, designer outlets and locally owned specialty shops, many of which are housed in repurposed structures that have been authentically restored. For example, Colburn House, one of the area's longest continuously operating inns, is now the Northshire Bookstore, one of the best independent bookstores in the United States. The area known as Factory Point is where several mills, tanneries and blacksmith shops drew power from the Battenkill. Today, the Battenkill is a 60-mile premier catch-and-release river known for brown trout as well as for rafting, canoeing and kayaking adventures as the river widens just a short way downstream.

For special dining with fantastic views, the Marsh Tavern is housed inside the original historic Equinox hotel and offers seasonal New England dining for lunch or dinner (802-362-7838 or reserve online). Mulligans of Manchester (3912 Route 7A), housed in a converted 19th Century Victorian, is also a delightful place for lunch. It serves classic American fare in bountiful portions, great service, and a super-comfortable atmosphere. For reservations, call 802-362-3663. There are other restaurants as well as many motels, inns and resorts in and around Manchester for overnight accommodations. Reservations for both dining and accommodations should be made as well in advance as possible during this busy foliage weekend. For further info, contact POC LaVerne Stiles at 518-223-3750 or lavernestiles@msn.com.

Favorite nearby attractions include the Hildene, a handsome Georgian Revival mansion with extensive gardens that was the summer home of Todd Lincoln and family, the Mount Equinox Skyline Drive (a breathtaking panoramic view at the summit, especially during Autumn) and the Southern Vermont Arts Center (multidisciplinary art).

Register at the Orvis Outlet, 4382 Main St, Manchester (802-366-9134). Start between 10 a.m. to noon, finish by 3 p.m. Be advised to plan ahead as

The members of ESCV look forward to greeting you in Manchester!

AVA: America's Walking Club!



Southwest Region



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The HCV's Waring Halloween and Christmas in Comfort Walks

By Martin Callahan

The Hill Country Volkssportverein Volkssports club is hosting three 5k/10k walks this fall. The first is its 43rd annual Halloween walk in Waring, Texas, on October 30-31. Waring lies along the banks of the Guadalupe River in Kendall County, about 42 miles northwest of San Antonio. R.P.M. Waring founded the town in 1887. In 1914 the Waring was a thriving little town of 300 people, but dropped down to 59 in 2000.

Register for the walk at Waring Hall next to the Waring Volunteer Fire Department (VFD) at 11 Waring Rd, Waring. Participants may start any time between 8-11 a.m., finish by 2 p.m.

VFD will also serve lunch at their annual fish fry next door to Waring Hall.

The second walk is on November 27 and is in conjunction with Christmas in Comfort. 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.

Register at the Comfort Community Park on Highway 27 west in Comfort and you can begin between 8-10 a.m., finish by 1 p.m. Christmas in Comfort is one of the Texas Hill Country's most popular holiday events and

Austin's Violet Crown Trail via Dick Nichols Park

By Carol Obianwu

Colorado River Walkers Volkssport Club of Austin, Texas, will hold a Traditional walk on September 25, along a portion of the Violet Crown Trail in southwest Austin. The planning of this trail for pedestrian and bicycle traffic was begun in 2006. The first segment of the trail opened in 2015 going south from a trailhead in Zilker Park. The ultimate goal of a joint effort by the City of Austin and the Hill Country Conservancy is a 30-mile-long trail from Austin to San Marcus.



Mary, Carol, Nellie, Carmen and Doug on the Violet Crown Trail.

The Volksmarch will access a portion of the trail adjacent to Dick Nichols Park, 8011 Beckett Rd., Austin. There is ample parking and restrooms at the park. Walk starts anytime from 8-11 a.m., finish by 2 p.m.

Where did the title "Violet Crown" for various places in Austin originate? There has been a Violet Crown Theater, a Violet Crown Shopping Center, Violet Crown Wine and a Violet Crown Clubhouse, to name a few of many businesses in Austin which bear that name. It appears to have originated in the late 1800's as Austinites looked to the western sky at sunset and marveled at the beautiful violet sky.

Now we have this new Violet Crown Trail, which is being extended each year. Please come and join us to enjoy a beautiful section of it on September 25.



Martha Anne Kirkpatrick

By Deborah Carter

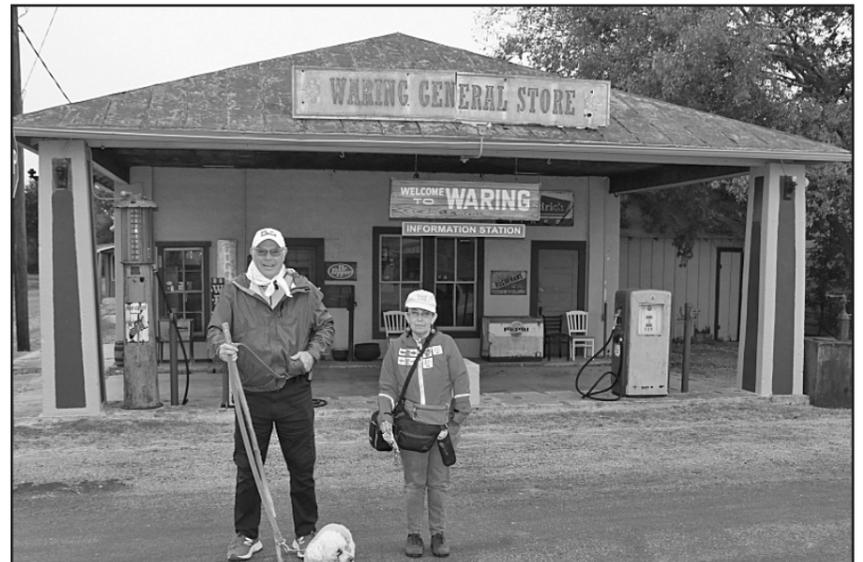
Mackey Harper, former Dallas Trekkers' president and current club secretary, reports that Martha Kirkpatrick passed away May 21. Martha and her husband, Samuel (who passed away in 2013), were active members of the Dallas Trekkers from 1985-2000.

Sam served as trail director, first vice president, and from 1994-1996 as club president. Together, they volunteered at numerous area events and attended three national conventions. Daughter Roseanne shared that the family enjoyed walking all over Texas and acquiring medal event awards. They especially enjoyed the Comfort Easter walks which featured finding eggs on the trail. Sam and Martha were proud to have over 4000k, 375 events and to have walked 47 states.



Martha and Samuel Kirkpatrick.

Texas natives, Sam and Martha moved to Colorado in 2002 to be near their family. They continued to walk with Colorado Springs clubs. Mackey says Martha continued being an ambassador for AVA in her nursing home, sharing news with her neighbors from the TAW and about Volkssporting.



Doug Eide with Rudy and Gayle Weinraub stop for a picture in front of the old Waring General Store along the 2020 Halloween Walk in Waring, Texas.

There will be one trail designated green and the other orange. The green trail will follow along the Guadalupe River out to the old Zoeller Cemetery and back. Captain Adolph Zoeller, who is buried in the cemetery, served in the First Texas Volunteer Cavalry (Union) during the Civil War.

To do the orange trail you will first register at the Waring VFD Hall and then drive to the Welfare Cafe where the walk begins. You will follow Old No. 9 a short distance to a well maintained caliche county road. Most of the route parallels the Little Joshua Creek until intersecting the route of the Old Spanish Trail (OST). It follows the OST for a short distance before returning to the start point along the same route.

The Lane Valley Community Center will serve breakfast, hamburgers and baked goods on both days to raise funds to preserve the historic Lane Valley School. On Sunday the Waring

draws visitors to the Texas Hill Country for holiday shopping and family fun every first Saturday after Thanksgiving. The event, which started with a handful of local residents staffing a few booths in the historic district, now offers more than 125 art and craft vendors and a full day of holiday activities you can enjoy from 10 a.m. to 9 p.m.

With a population of almost 2,500 and a rich history, Comfort brims with character and charm. The star of the German-pioneered Texas Hill Country, Comfort has nearly 100 pre-1910 buildings within walking distance of the town center, many of which you will see along the walk trail. For more info on the Christmas in Comfort events online visit comfortchamber.com.

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

Southwest Region continued on page 23

The IVV Olympiad

is coming to San Antonio, Texas
February 2023!

Stay tuned to the AVA Checkpoint for updates!

Southwest Region *continued from page 22*

The RRs' Historic Gonzales and Marquis Trailhead/Rim Walks

By Martin Callahan

The Randolph Roadrunners Volkssport club is hosting two walks around fall. The first is in Gonzales, Texas, on September 18. Gonzales is about 70 miles east of San Antonio and is often referred to as the "Lexington of Texas." Gonzales earned this name because the first battle of the Texas Revolution took place there in 1835 when Gonzales volunteers refused to surrender a small cannon to the Mexican Army. Their flag had the motto of "Come and take it," a cannon and a Texas star emblazoned on it.

Thirty-two volunteers from Gonzales died along with other defenders at the Battle of the Alamo on March 6, 1836. Gonzales was burned to the ground to deny it to the advancing Mexican Army under orders of General Sam Houston during the "Runaway Scrape" and was rebuilt at the original site in the early 1840s.

Volkssporters will stroll along a trail starting at the historic old Jailhouse Museum built in 1887 and continue past the 1910 Confederate soldier and Gonzales volunteers monuments and the 1896 county courthouse. They will walk around Confederate square surrounded by buildings dating to 1885, historic churches, through the Masonic Cemetery where notable burials including veterans of the Texas Revolution lay at rest, a large number of beautiful 19th and early 20th Century homes, the art deco style Gonzales Memorial Museum and a captured WWI German cannon.

The Gonzales Memorial Museum was built during the Texas Centennial to honor the Immortal 32 Gonzales volunteers who died at the Alamo. The highlight of the Gonzales Memorial Museum collection is the famous "Come and Take it Cannon" and the museum also has an impressive collection of artifacts that illustrate pioneer life in Gonzales including firearms, military uniforms, civilian clothing, household goods and photographs.

Register for this unique walk at the Old Jailhouse Museum, 414 Saint Lawrence, Gonzales. Start between 9 a.m.-noon, finish by 3 p.m. The Jailhouse Museum was used by the county until 1975 when it was turned into a museum. The museum has an interesting collection of memorabilia that tells the story of law enforcement and outlaws in Gonzales. For more info on Gonzales online visit gonzales.texas.gov/.

The second walk is on October 9 and runs along the new extension of the Leon Creek portion of the Howard W. Peak Greenway Trail system. Volkssporters will first follow the beautiful new nature trail and then stroll by many of the 110 shops, restaurants and other sights of interest that make the Rim Shopping Center a truly unique walking experience.

Register for this walk at Leon Creek Greenway Marquis Trailhead, 17009 W I-10, San Antonio, right before the exit to the Rim Shopping Center. The start time is from 8-11 a.m., finish by 2 p.m. For more info on the Rim shopping center online visit therimsa.com.

For more info on both walks contact Ellen Ott, 210-723-8574, or ellenott@sbc-global.net, or go to the club website, randolphroadrunners.info. 



Doug Eide and Indie pose for a picture along the Gonzales, Texas, walk trail in front of a monument to the Gonzales Volunteers who died at the Battle of the Alamo. Photo by Martin Callahan.

World Heritage Festival, Tour de las Misiones Walk

By Martin Callahan

The San Antonio Pathfinders Volksmarch club, San Antonio World Heritage Office, San Antonio River Authority, San Antonio Parks and Recreation, and National Park Service are managing the fifth annual American Volksmarch Association (AVA) 5k/10k walk events that are part of the World Heritage Festival, Tour de las Misiones that runs for five days.

The World Heritage Festival (WHF) is an annual collaborative event to celebrate and promote our San Antonio Missions, a United Nations Education, and Scientific and Cultural Organization (UNESCO) World Heritage site. The five San Antonio missions were designated a World Heritage Site by UNESCO in 2015.

Volkssporters will follow mostly paved trails along the San Antonio River and through Espada Park to Mission San Jose. The mission was founded in 1720 and the church that is still standing was made from local limestone and completed in 1768. Volkssporters will then follow the trail through the mission grounds and have the opportunity to view original artifacts and exhibits on display in some of the rooms in Mission San Jose.

You will also pass the San Jose Mill and Acequia (irrigation ditch) and continue walking around the Hot Wells Hotel ruins, which date from 1893 through the 1920s, before strolling along the nature trail back to the start/finish. For more info about the San Antonio Missions go to



Susan and Joe Noonan stop for a picture along the 2020 World Heritage Festival, Tour de las Misiones Walk trail in San Antonio, Texas. Visible behind them is part of the ruins of the bathhouse portion of the old Hot Wells Hotel that was built in 1901. Photo by Martin Callahan.

The Volksmarch events will be held on September 11 in conjunction with bike and run events that are not sanctioned AVA events. All Volkssporters will start as a group after the riders and runners begin, shortly after 7:45 a.m. Come to the AVA booth for your IVV stamp upon completion of the walk. Follow the AVA signs to the booth. Your medal is given out at the end of the walk. Register by August 30 to be guaranteed a medal and t-shirt. This year the WHF is celebrating, as imaged on the medal and t-shirt, Mission Espada which is one of the five San Antonio missions. Go to worldheritagefestival.org for daily festival events and to register online for the walk.

nps.gov/saan. For more info on the Hot Wells Hotel online go to edward-saquer.net/hotwells.html.

Walk packet pick up will be held September 9-10, 4-7 p.m. at Mission Branch Library, 3134 Roosevelt Ave, San Antonio. All packets not picked up, will be available the day of the event. Come early please! Your bib will be used for checkpoints instead of a start card.

The start point for the walk is at the Mission Park Pavilion, 6030 Padre Dr., San Antonio. For info on the walk contact Mike Schwencke, 210-679-7609 or mike.schwencke@outlook.com. 

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*.

Next TAW deadline

October 25

for September, October, November



Pacific Region



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Carl Cordes, Director
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New home for Sierra Vista Walk Box

The Thunder Mountain Trekkers Volkssport Club announces the new home for the registration box for the four YRE walks in the Sierra Vista, Arizona area. The Hampton Inn has agreed to host the registration box for these walks.

After over 20 years, the old home has changed from a motel into an apartment complex and could no longer serve as host to the box. But the Hampton Inn is right next door.

Access to the Hampton Inn is off of Snyder, which is off of Route 92. The address of the Hampton Inn is 4100 Snyder Blvd. To get to the Hampton Inn, from I-10, take exit 302 (Hwy 90) towards Sierra Vista. Take the Hwy 90 bypass which will bring you to a major intersection. Hwy 92 is straight ahead. And Snyder is the street just past the second traffic signal from that intersection.

The Hampton Inn is where you will register for four YREs:

- At Fort Huachuca (proper identification required), walk around the historic old fort area and, on the 10k, some of the newer portions of the fort.
- The San Pedro riparian area where the trail is all on dirt paths. You will have a chance to see many different species of birds and part of the trip will be along the bank of the San Pedro river.
- The Coronado National Memorial Park trail climbs up the dirt trail on the side of a mountain resulting in a spectacular view at the top.
- The Sierra Vista walk takes you around a couple of the subdivisions and past several businesses and the mall with excellent views of the surrounding mountains.

So, come visit the new home for the registration box and thank the staff for hosting it at the Hampton Inn in Sierra Vista, Arizona. 🏠

South Bay Striders turning 35 years

November marks the 35th anniversary of our beloved club, the South Bay Striders of San Jose, California. Established in 1986, this club has always been the center of innovation and creating fun events. From serving as a “human wall” between seeded

We also have members who have been very active at the state and national level. Holly Pelking has served as California Vice President, Central, and Suzi Glass has been the editor of the state publication, *The Compass*, for over 10 years. Holly



Presentation of anniversary certificate and cake!

runners and the 10,000 crazy people competing in the San Francisco Bay to Breakers, to holding a weeklong California Coastal Adventure that starts at the Golden Gate Bridge and ends at the Monterey Peninsula, we have strived to break the mold on Traditional events.

In 2008 we created the Mission: Possible California special program which served as a conduit between the northern, central and southern clubs. It highlighted the 21 California Spanish missions established by Father Junipero Serra, Father Crispin and Father Lassin.

When the Monterey club disbanded, we stepped in to keep the Monterey county walks alive. We also put five Los Angeles area events from the Four Plus Foolhardy Folks Club (based in Washington state) onto the Online Start Box when their POC wanted to retire from the commitment.

was also Pacific Regional Director and Vice President of AVA over a six-year time period. Chris Zegelin has served on the national level for over eight years as IT committee chair while creating the new IVV stamps that we use today, as well as the Online Start Box. Suzi has served as Pacific Regional Director for four years and is now Deputy Regional Director.

The Striders' most recent innovation was Suzi spearheading the current AVA Special Program Walk Like An Olympian, which has proven to be quite a popular program.

We have enjoyed supporting Volksmarching on all levels over this 35-year time frame. And we aim to continue with Fun, Fitness and Friendship into the future! 🏃

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, 108 S. Alamo Street, San Antonio, TX 78210.*



AVA Special Program – Walk Like An Olympian

Runs January 1, 2018 through December 31, 2023. 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.*



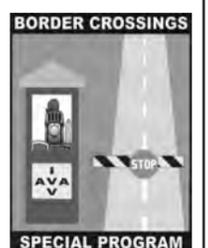
AVA Special Program – Great Lakes, Great Fun, Great Fitness, Great Friendships

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.*



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.*






Rocky Mountain Region

DRD, TBT
rm_rd@ava.org



Steve Sandridge, Director
rm_rd@ava.org

Rocky Mountain Update

By Steve Sandridge

Greetings fellow walkers!

I know we're all ready to return to some sense of normalcy as we get out and enjoy summer on the trails! We were glad to have well over 400 walkers at our regional events thus far this year, so folks in our region are definitely getting outside.

Earlier this month I took over the Regional Director duties from Sherry Sayers who, luckily for us, is still active in Colorado Volksmarching. This fall Sherry is helping arrange the Colorado Springs, Colorado, Falcon Wanderer's club's October 9-11 triple-header walking event honoring their 40th anniversary. Possible venues include Fairplay, Buena Vista and Leadville, Colorado (likely the highest walk in the USA at 10,152 feet?) so check the AVA listings for more information. Early October should be just about prime time for fall colors here in the Rockies. With over 70 events remaining this year you can still make plans to visit the Rocky Mountain region.



Farish. Photo provided by USAF Academy Services.

Lastly, mark your calendars for the Farish event October 2 near Woodland Park, Colorado, near Pikes Peak. Located at 9,000 feet, the military recreation area is open to the public on walk day to hike among the pines and changing aspens. At the finish, many happy walkers enjoy a freshly grilled bratwurst (or two!) at the end of another terrific outing under Colorado blue skies.

So, make plans to make tracks out here in the Rockies this fall! 🐾

Falcon Wanderers' 40th Anniversary celebration walks

By Sherry Sayers and Meg McDevitt

Come join the Falcon Wanderers of Colorado Springs, Colorado, for a three-event weekend celebration October 9-11. The "staging area" will be at the Wilderness Aware Rafting parking lot in Buena Vista (12600 US Hwy 24/285), where walkers will sign up for all three walks, receive their maps and directions (and stamps), then will be able to pick-and-choose in what order they want to walk the walks. The other celebratory walks are going to be in Leadville, which has an elevation of 10,200 feet, and is the highest incorporated city in North America, as well as Fairplay, at a mere 9,954 feet, while Buena Vista is the baby at only 7,965 feet. Be sure and take your time and drink lots of water on these walks.

Buena Vista is a lively mountain town bordered by the Arkansas River and the stunningly beautiful Collegiate Peaks. The main street in town is lined with older buildings now housing restaurants, shops, and best of all, Louie's Ice Cream, 414 E Main Street. Buena Vista also has a newer southeastern part of town along the Arkansas River with the interesting Surf Hotel and Chateau, additional restaurants and, of course, Italian gelato. The Arkansas River is famous for river rafting and Buena Vista has an expanding system of hiking and mountain biking trails on the eastern side of the river. You will have the opportunity to see interesting sites in view of the majestic Collegiate Peaks as well as the Arkansas River as you complete your walks and enjoy the sights and sounds of Buena Vista.

Fairplay, while small, is a very historic town and has lots to offer. The discovery of gold in 1859 brought thousands of prospectors to the area and eventually a new mining camp was established called Fair Play. There is a museum attraction called South Park City, which recreates the look and feel of an 1880s mining settlement with 28 buildings moved here from various locations around the county and over 40,000 artifacts that have been donated. The trail will pass by the old Park County Courthouse, which is an impressive Italianate structure made of native red sandstone. On Front Street you will be treated to a memorial to Prunes, who was a working burro in the mines. Legend has it that Prunes was sent down the mountain from the mines for supplies with a shopping list on his harness. The importance of the burros in the mining community is still celebrated each year during the Burro Days race, which has occurred since 1948.

Last, but not least, is our high and mighty Leadville walk. There are many historic buildings in Leadville,

Utah Preserving History Walk

By Steve Sandridge

The Midway (Utah) Walking Sticks expect some 500 walkers at their annual "Preserve Midway" Volksmarch on Saturday, September 18. The event is held "to raise awareness of the need to protect the rural and agricultural feel of Midway... taking walkers past historic homes, barns, unique geologic features as well as our quaint businesses on Main Street, and to the top of our iconic Memorial Hill. Enjoy live music, games and an opportunity drawing with great prizes the whole family will enjoy. The Midway Volksmarch is the perfect kickoff to the beautiful fall season. Walk contact is Philip Perkins, zskiracer@gmail.com. 🐾



Midway. (Photo provided by preservemidway.org.)

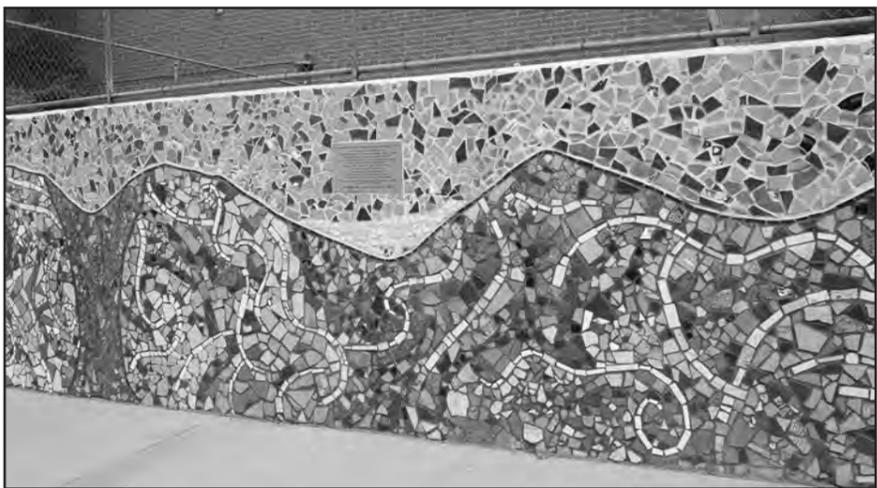
RVers learn about AVA

By Steve Sandridge

In late July, Frank Sayers of Woodland Wanderers, gave an AVA presentation at the Escapees RV club annual national convention in Rock Springs, Wyoming. Escapees has over 60,000 members and is one of the largest and oldest RV clubs in the country. We know some of their members are also AVA members so we're hoping this can become another source of traveling, outdoorsy walkers we can encourage to meet on the trail.



Escapees. (Photo provided by escapade.escapees.com) 🐾



A colorful tiled wall in Leadville.

that includes the Tabor Opera House, built by H.A.W. Tabor in 1879 for around \$40,000. The trail will also meander on the Mineral Belt Trail, an 11.6 mile all-season biking and walking asphalt trail that loops around Leadville. The views in Leadville are incredible. The trail will also go to the Lake County Veterans Cemetery, where a Medal of Honor recipient from the Vietnam War is laid to rest (Walking with America's Veterans AVA Special Program).

We hope you will join us for our Two-Mile High Multicity Challenge Events in October. The brochure will be available at falconwanderers.org, or call Sherry Sayers, 719-640-6745, or Meg McDevitt, 912-271-6916. 🐾

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.

CALIFORNIA

10/1-3/21	2-W	Folsom	Barbara Nuss	916-283-4650
10/1-3/21	W	Sacramento	Sacramento Walking Sticks	
		nussb@surewest.net		
10/16/21	W	Riverside	Maureen Carlson	909-227-5319
		Low Desert Roadrunners	mwoodchem@yahoo.com	
10/17/21	W	Templeton	Ty Fredriks	805-714-1552
		Central Coast Beach Boardwalkers	ty@beachboardwalkers.org	

COLORADO

10/2/21	W	Woodland Park	Heidi Killion	719-333-4475
		Falcon Wanderers	heidi.killion@us.af.mi	
10/9-11/21	W	Fairplay	Sherry Sayers	719-640-6745
10/9-11/21	W	Buena Vista	Falcon Wanderers	
10/9-11/21	W	Leadville	fast97camaro@hotmail.com	
11/13/21	W	Florence	Curt Converse	719-591-8193
		Falcon Wanderers	walking@falconwanderers.org	
6/11/22	W	Loghill	Frank Sayers	719-640-6744
		Woodland Wanderers	walking@woodlandwanderers.org	

DISTRICT OF COLUMBIA

5/7/22	W	Washington	Dolores Grenier	703-209-0174
		U.S. Freedom Walk Festival Club	info@USFreedomWalk.org	

DELAWARE

10/30/21	B	Rehoboth Beach	Karen Kaufman	302-233-6615
10/30/21	S	Rehoboth Beach	First State Webfooters	
		karen@dekrittersitter.com		
10/30/21	W	Rehoboth Beach	Tom Sunde	302-233-6615
		First State Webfooters	tsunde@verizon.net	

FLORIDA

10/16/21	GW	Seminole	Alice A Fennell	727-542-9742
		Suncoast Sandpipers Volkssport Club	pipers@tampabay.rr.com	
10/16/21	W	Winter Garden	Sharon Axelrod	407-443-6128
		Mid-Florida Milers Walking Club	palmtreesax@gmail.com	
10/23/21	GW	Ponte Vedra Beach	Diana Sherrill	904-608-4689
		First Coast Trail Forgers Walking Club	diana.sherrill3@gmail.com	
10/30/21	GW	Neptune Beach	Kristin Raasch	904-563-6953
		First Coast Trail Forgers Walking Club	kraasch1725@gmail.com	
11/5-6/21	S	Daytona Beach	John McClellan	781-686-0660
11/6/21	W	Ormond Beach	Happy Wanderers	
11/6/21	W	New Smyrna Beach	johnmc82@cfl.rr.com	
11/7/21	W	Daytona Beach		

IOWA

10/2/21	W	Davenport	Michael Hustedde	563-323-6501
		Greater Des Moines Volkssport Assn.	husteddemichaelj@sau.edu	
10/9/21	W	Granger	Susan Pinneke	515-277-3653
		Greater Des Moines Volkssport Assn.	susanpinneke@gmail.com	

ILLINOIS

10/2/21	W	Lebanon	Diane Prost	256-527-3377
		Illinois Trekkers Volkssport Club	diaprost@sisna.com	
10/9/21	W	Elk Grove Village	Sue McMahon	847-806-0007
		Windy City Walkers	standbysue@yahoo.com	
10/16/21	W	Swansea	Diane Prost	256-527-3377
		Illinois Trekkers Volkssport Club	diaprost@sisna.com	

INDIANA

10/9/21	W	Indianapolis	Lance Ratiff	317-340-0776
		Indy 'G' Walkers	lanceratiff@hotmail.com	
10/16/21	W	Warsaw	Bob Buzolich	574-339-9140
10/16/21	B	Hoosier Hikers	sonofbuzz@prodigy.net	
10/23/21	W	Brookville	Denny Fritz	812-584-2687
		Whitewater Valley Walkers	ddfritz@aol.com	
11/26/21	TGW	Noblesville	Cliff Terry	317-776-1848
		Indy 'G' Walkers	clifferry@sbcglobal.net	
12/4/21	TGW	Carmel	Jim Blessing	317-903-4036
		Indy 'G' Walkers	jasbless@gmail.com	
12/11/21	TGW	Marion	Bill Thorne	765-603-1818
		Indiana Volkssport Assn.	ThorneBill@aol.com	

KANSAS

10/29-30/21	2-NS	Parsons	Terri Tyler	785-233-4385
10/30/21	W	Howard	Sunflower Sod Stompers	
10/30/21	W	Fredonia	tltyler50@gmail.com	
10/31/21	W	Parsons		
10/31/21	W	Pittsburg		

MASSACHUSETTS

10/9/21	GW	Turners Falls	Jan Varnon	413-244-4128
		Walk 'N Mass Volkssport Club	jcvarnon@yahoo.com	

MARYLAND

10/2/21	W	Frederick	Jone Parr	301-385-0054
		Seneca Valley Sugarloafers	Jone.p@comcast.net	
12/31/21	W	Savage	William Hassell	410-533-5805
		Freestate Happy Wanderers	wahasse1798@verizon.net	
1/1/22	W	Savage	Linda Hassell	410-437-2164
		Freestate Happy Wanderers	wahasse1798@verizon.net	
3/26/22	2W	Baltimore - Patterson Park	Frank Kupres	410-592-3171
		Baltimore Walking Club	fkupres@comcast.net	

MICHIGAN

10/9/21	TGW	Frankemuth	Rob Weaver	616-745-9624
		Washtenaw Wanderers Volkssporting Club	gone2run@gmail.com	

MINNESOTA

10/16/21	W	Coon Rapids MN	Rita Holland	763-232-9878
		Twin Cities Volkssport	10ritaholland@gmail.com	
10/30/21	GW	Jordan	Donna Seline	612-529-0552
		NorthStar Trail Travelers	info@nstt.org	

MISSOURI

10/9/21	W	Clayton	Bill Badger	618-910-7538
		Gateway Milers NFP	wbadger@sbcglobal.net	
10/23/21	W	Cassville	Glen Conyers	417-434-0977
		Dogwood Trailblazers	glenconyers@sbcglobal.net	
10/31/21	W	Bellefontaine Cemetery	Dee Wojtysiak	618-530-3211
		Saint Louis Walkers	lpw46@icloud.com	

NEBRASKA

10/2/21	W	Omaha	Jeanne Miller	402-957-2059
		Nebraska Wander Freunde Trailblazers	jeannenno@gmail.com	
11/6/21	W	Omaha	Sandy Spaulding	712-435-0815
		Nebraska Wander Freunde Trailblazers	sandyspauld@yahoo.com	
12/4/21	W	Omaha	Jeanne Miller	402-957-2059
		Nebraska Wander Freunde Trailblazers	jeannenno@gmail.com	

NEW JERSEY

10/13/21	TGW	Hillsborough	Diane Glace	609-658-7724
1/1/22	W	Princeton	Princeton Area Walkers	
		glace@rutgersprep.org		

NEW MEXICO

4/23/22	W	Ft Stanton	Derrill Rothermich	915-270-3578
		Sun Country Striders	derrillrothermich@hotmail.com	

NEW YORK

10/16/21	W	Whitney Point	Vicki Darrow	607-745-3515
		The Fingerlakes Region Volkssport Club	vdarrow0509@gmail.com	
10/16/21	W	Colonie	Liz Walsh	518-265-8520
		Empire State Capital Volkssporters	lizwalsh48@gmail.com	
11/7/21	W	Albany	Deborah D'Arcangelis	518-423-9248
		Empire State Capital Volkssporters	dmdarcang@gmail.com	
3/24/21	TGW	Slingerlands	Barb Nigro	518-224-0987
		Empire State Capital Volkssporters	barb.nigro@gmail.com	

Events continued on page 27

Events *continued from page 26*

OHIO

10/9/21	W	Marshallville	Luanne Johnson	330-466-8799
		Valley Vagabonds, Inc.	luanne.i.johnson@gmail.com	
10/16/21	W	Dayton	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
10/23/21	W	Cincinnati	Richard Carey	513-742-0060
		Germania Volksmarch Gruppe	germaniavolksmarch@gmail.com	
11/13/21	W	Middletown	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
12/4/21	W	Dayton	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
6/17-19/22	3-W	Dayton	Dawn Gruber	937-409-6975
6/17-19/22	S	Dayton	Ohio Wander Freunde	
		ohiomac2020@aol.com		

OKLAHOMA

10/16/21	W	Lake Murray	Clark Southard	580-475-4453
		Wandergruppe Walking Club	buck_pilot_06@yahoo.com	
10/16/21	W	Madill	R Axsom	918-252-4752
		Tulsa Walking Club	raphax66@gmail.com	
10/17/21	W	Durant	Rhonda Shockey	918-855-0195
		Tulsa Walking Club	rjm0123@aol.com	

OREGON

11/26/21	GW	Reedville	Dan Webster	971-221-4994
		Cedar Milers	cedarmilerswalkingclub@gmail.com	
12/18/21	W	Portland	Ed Hainline	360-921-1909
		Columbia River Volkssport Club	opahainline49@gmail.com	
6/16-19/22	W	Casey State Park	Ed Hainline	360-921-1909
		Oregon Trail State Volkssport Assn.	opahainline49@gmail.com	
6/16-19/22	B	Medford	Tom Baltes	505-298-1256
6/16-19/22	S	Medford	Oregon Trail State Volkssport	
6/16-19/22	W	Medford	TLBaltes@aol.com	
6/16-19/22	3-W	Ashland		
6/16-19/22	W	Jacksonville		
6/16-19/22	W	Rogue Gorge		

PENNSYLVANIA

11/4-7/21	W	State College Pearls Penn Valley	Tom Jackson	717-309-6088
11/4-7/21	W	State College Mifflinburg	Keystone State Volkssport Assn.	
11/5-7/21	W	State College - Town & Gown.	thomasjackson@embarqmail.com	
11/5-7/21	W	State College - Bellefonte		
11/5-7/21	W	State College - State College North		

SOUTH DAKOTA

10/2/21	W	Hill City	Allan Ward	307-283-3733
		Black Hills Volkssport Assn.	arward44@gmail.com	

TENNESSEE

10/12/21	TGW	Oak Ridge	Guy Calkins	585-727-6493
		East Tennessee Wanderers	gcalkins567@gmail.com	
11/9/21	TGW	Knoxville	Guy Calkins	585-727-6493
		East Tennessee Wanderers	gcalkins567@gmail.com	
12/14/21	TGW	Knoxville	Guy Calkins	585-727-6493
		East Tennessee Wanderers	gcalkins567@gmail.com	

TEXAS

10/5-10/21	W	Terlingua	Susan Noonan	210-286-8897
		West Texas Trail Walkers	susan.noonan@gmail.com	
10/5-10/21	W	Mule Ears Trail	Berdelle Johnson	806-676-8344
		West Texas Trail Walkers	mosomi@aol.com	
10/5-10/21	W	The Blue Creek Trail	Dianne Duke	214-368-9730
		West Texas Trail Walkers	d.w.duke@live.com	
10/5-10/21	W	Fresno Divide Trail	Helen Hull	972-530-1026
		West Texas Trail Walkers	helenthehun@yahoo.com	
10/5-10/21	W	The Window Trail	Susan Medlin	210-325-3523
		West Texas Trail Walkers	sueammed@aol.com	
10/9/21	W	San Antonio	Ellen Ott	210-723-8574
		Randolph Roadrunners	ellenott@sbcglobal.net	
10/16/21	W	Tyler	Helen Hull	972-530-1026
		East Texas Trekkers, Inc.	helenthehun@yahoo.com	
10/23/21	W	Fort Worth	Brooke Hudson	817-944-5191
		Tarrant County Walkers	brooke_hudson@hotmail.com	
10/30-31/21	2-W	Waring	John Bohnert	830-431-2850
		Hill Country Volkssportverein	tinabohnert@gmail.com	
10/30-30/21	W	Mesquite	Deborah Carter	214-549-0851
		Dallas Trekkers, Inc.	debwalk@earthlink.net	
12/11/21	W	Boerne	Ellen Ott	210-723-8574
		Randolph Roadrunners	ellenott@sbcglobal.net	

UTAH

10/11/21	GW	Moab	Sierra Suits	360-260-9393
10/12/21	GW	Moab	International Wanderers	
10/15/21	GW	Bryce	sierra@walkingadventures.com	
10/16/21	W	Springdale		

VIRGINIA

10/2/21	W	Fort Belvoir	Hwan Yu	703-806-3100
		Ft Belvoir - DFMWR	hwan.s.yu1.naf@mail.mil	
10/2/21	W	Newport News	Annette Tollett	757-814-1417
		Virginia Vagabonds	ahtollett3@gmail.com	
10/9/21	W	Sandston	Gin Armacost	703-201-1987
		Lee Lepus Volksverband	Armacostg@cox.net	
10/15/21	W	Arlington	Dolores Grenier	703-209-0174
10/15-17/21	B	Arlington	U.S. Freedom Walk Festival	
10/16/21	W	Arlington	info@USFreedomWalk.org	
10/17/21	W	Arlington		
10/24/21	W	Fredericksburg	Kay Shoemaker	540-841-1855
		Germannna Volkssport Association	sydnakay@yahoo.com	
11/6/21	W	Norfolk	Don Bradford	757-576-0966
		Gator Volksmarsch Club	gvcwalker64@hotmail.com	
11/13/21	W	Hampton	Sandy Croushore	757-476-5789
		Peninsula Pathfinders of Virginia	szcroushore@verizon.net	
12/4-5/21	W	Alexandria	Helen Garamone	571-243-2573
		Northern Virginia Volksmarchers	hkgaramone@hotmail.com	
12/10-12/21	S	Williamsburg	Pam Bowers	757-869-6116
12/10-11/21	NW	Williamsburg	Peninsula Pathfinders of Virginia	
12/11-12/21	W	Williamsburg	pbb6116@gmail.com	
12/18/21	W	Fredericksburg	Sharon Vines	540-809-6227
		Germannna Volkssport Association	Vines.sharon@gmail.com	
12/31/21	W	Smithfield	Don Bradford	757-576-0966
1/1/22	W	Gator Volksmarsch Club	gvcwalker64@hotmail.com	
4/9/22	W	Henrico	Gin Armacost	703-201-1987
		Lee Lepus Volksverband	Armacostg@cox.net	
5/14/22	W	Warrenton	Helen Garamone	571-243-2573
		Northern Virginia Volksmarchers	hkgaramone@hotmail.com	

VERMONT

10/2/21	W	Manchester	LaVerne Stiles	518-223-3750
		Empire State Capital Volkssporters	lavernestiles@msn.com	

WASHINGTON

10/2/21	GW	Tumwater	Barb Malone	360-458-3693
		Capitol Volkssport Club	ravniz08@yahoo.com	
10/2/21	W	Tukwila	Dick Williamson	206-450-1231
		Four-Plus Foolhardy Folks	rxwmson@gmail.com	
10/9/21	W	North Bend	Sharon Moats	206-909-5176
		Interlaken Trailblazers Volkssport Club	s.moats@comcast.net	
10/23/21	W	Puyallup	Jim Slakey	206-367-8895
		Daffodil Valley Volkssport Association	aslakey@comcast.net	
10/30/21	W	Vancouver	Heidi Schurr	360-909-7917
		Vancouver USA Volkssporters	hschurr@hotmail.com	
10/30/21	W	Carnation	Fran Carson	
		Emerald City Wanderers	fran55carson@gmail.com	
11/6/21	W	Puyallup	Carolyn Warhol	253-845-6592
		Daffodil Valley Volkssport Association	jcwarhol@comcast.net	
11/27/21	W	Edmonds	Neil Smith	206-214-5274
		Sound Steppers Volkssport Club	neil.smith@comcast.net	
12/1/21	W	Tacoma	Nancy Wittenberg	253-208-1331
		Evergreen Wanderers	newittenberg@gmail.com	
12/11/21	W	Olympia	Julie Heath	360-264-4670
		Capitol Volkssport Club	ijheath@comcast.net	
12/31/21	NW	Seattle	Mike Nagan	000-000-0000
		Emerald City Wanderers	m.nagan@comcast.net	
4/20-27/22	W	Lacey	Pam Greig Davis	360-790-9733
		Capitol Volkssport Club	greigenterprises@msn.com	

WISCONSIN

10/9/21	W	Waunakee	Don Suloff	608-821-0263
		Madison Area Volkssport Assn.	suloff@tds.net	
11/6/21	W	Madison	Jerry Wilson	608-695-6449
		Madison Area Volkssport Assn.	jpatw4@gmail.com	

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.

IVV EVENT AWARDS

30 Events

Cole	Kathy	Murrieta	CA
Grothues	Harry	Bulverde	TX
Jacobson	Kimberly	Saline	MI
Jacobson	Tom	Saline	MI
King	Ted	Maryville	TN
Maurer	Karen	Simpsonville	SC
Neven	Paula	San Antonio	TX
Parson	Sharon	San Antonio	TX
Williams	Daeretha	Renton	WA

50 Events

Cavanagh	Gregory	Millersville	MD
Deely	Nicole	San Jose	CA
French	Linda	Maryville	TN
Maurer	Karen	Simpsonville	SC
Peixoto	Rita	Sutter Creek	CA
Skidmore	Carol	St. Louis	MO
Vertucci	Taylor	San Antonio	TX
Wienczek	Pat	Rimersburg	PA
Wienczek	Stephen	Rimersburg	PA
Wood	Marianna	Houston	TX

75 Events

Cavanagh	George	Millersville	MD
Deely	Jessica	San Jose	CA
Garwacke	Matthew	Marietta	GA
Gray	Jill	Indianapolis	IN
Gray	Steven	Indianapolis	IN
Hecox	Tom	Fayetteville	AR
Howard	Nancy	Saline	MI
Minderlein	Mary	EightyFour	PA

100 Events

Billman	Jo	Wildomar	CA
Blankenship	Roxanne	McMinnville	OR
Kerch	Tammi	W Sacramento	CA
Mach	Dawn	Salem	OR
Minderlein	Mary	EightyFour	PA
Necker	James	Glenside	PA
Necker	Nancy	Glenside	PA

125 Events

Aguirre	Nelli	Kyle	TX
Baulch	Kathryn	Sequim	WA
Bradford	Dianne	Chesapeake	VA
Cieslak	Teresa	Portland	OR
Deely	Patrick	San Jose	CA
Hancq	Paul	Centreville	VA
Jones	Clark	Dayton	OH
Kerch	Tammi	W Sacramento	CA
Meade	Laurie	Seattle	WA
Moritz	John	Canton	OH
Necker	Nancy	Glenside	PA
Necker	James	Glenside	PA
Partlow	Alice	DeLand	FL
Whalen	David	Rose Creek	MN

150 Events

Garwacke	Rebecca	Marietta	GA
Kerch	Tammi	W Sacramento	CA
Necker	James	Glenside	PA
Partlow	Alice	DeLand	FL
Peppers	Theresa	Wildomar	CA
Petersen	Lois	Buffalo	WY
Prater	Deborah	Midlothian	TX
Pratt Jr.	Frank	Buffalo	WY

175 Events

Council	Rosemary	Edgewater	MD
Diaz	Jennifer	San Jose	CA
Diaz	William	San Jose	CA
Forsythe	Becky	Battle Ground	WA
Fouberg	Debra	Rapid City	SD
Giesecke	Carol	Cambridge	MA
Heath	Wayne	Woodbury	MN
Kaul	Patricia	Rapid City	SD
Ostrander	Gail	Schenectady	NY

Peppers	Theresa	Wildomar	CA
Williams	Christine	Elk Grove	CA
Witzel	Carrie	Ellensburg	WA

200 Events

Diaz	William	San Jose	CA
Farber	Donna	Albany	NY
Forsythe	Becky	Battle Ground	WA
Jurewicz	Peter	Norfolk	VA
Lenihan	Brian	Hamilton	OH
Mohlenbrok	Gerald	Lincoln	CA
Ostrander	Gail	Schenectady	NY
Schultz	James	Janesville	WI
Thomas	Debbie	Cottonwood	CA
Watson	John	Schenectady	NY

225 Events

Barnett	Nancy	Merritt Is	FL
Cannon	Michael	GermanTown	MD
LeClair	Susan	Simpsonville	SC
Oberlander	Todd	Port Hadlock	WA
Ostrander	Gail	Schenectady	NY

250 Events

Bergt	Joann	Tulsa	OK
Hlaban	Thomas	Beaufort	SC
LeDeuc	Susan	Everett	WA
Ostrander	Gail	Schenectady	NY
Peeck	Wendy	Rochester	NY

275 Events

Harold-Carter	Victoria	Saline	MI
Levers	Billy	Prairie Du Sec	WI
Ostrander	Gail	Schenectady	NY

300 Events

Clark	Jack	Port Angeles	WA
Foxwell	Tammi	Elkridge	MD
Harold-Carter	Victoria	Saline	MI
Hinkle	Rebecca	Molino	FL
Johnson	Ken	Maplewood	MN
Le Van	Leon	San Antonio	TX
Le Van	Elizabeth	San Antonio	TX
Ostrander	Gail	Schenectady	NY

325 Events

Bentley	Steven	Lawton	OK
Clark	Jack	Port Angeles	WA
Coon	Claudia	Portland	OR
Grenier	Louise	Norman	OK
Ostrander	Gail	Schenectady	NY
Putman	Glenda	Ponte Vedra Beach	FL
Stoneback	Gary	Federal Way	WA
Vorbach	Joan	Middletown	NY

350 Events

Beck	Paul	LaCrosse	WI
Clark	Jack	Port Angeles	WA
Coon	Claudia	Portland	OR
Hayes	Paula	Spokane	WA
Putman	Glenda	Ponte Vedra Beach	FL
Stoneback	Linda	Federal Way	WA
Thomas	Andrew	San Antonio	TX

375 Events

Beck	Paul	LaCrosse	WI
Clark	Jack	Port Angeles	WA
Czaplicki	David	Laurel	MD
Dollar	Andrea	Alexandria	VA
Levers	Beth	Prairie Du Sec	WI
Pearsall	Amy Jo	Auburn	WA
Raudabaugh	Jane	Port Orchard	WA
Remillard	Louise	Scotia	NY
Suchodolski	Jack	Seminole	FL
Wells	Thomas	Snohomish	WA

400 Events

Andrews	Alison	Laytonsville	MD
Ann	Leslie	Norfolk	VA
Beck	Paul	LaCrosse	WI
Brown	James	Green Island	NY
Cieslak	Paul	Portland	OR
Clark	Jack	Port Angeles	WA
Clark	Mary	Port Angeles	WA
Conner	Theresa	Bothell	WA
Czaplicki	David	Laurel	MD
Dollar	Andrea	Alexandria	VA
King	Patricia	Gaithersburg	MD
Levers	Beth	Prairie Du Sec	WI
Potter	Pamela	Millersville	MD
Remillard	Louise	Scotia	NY
Schwencke	Kathy	San Antonio	TX
Wells	Thomas	Snohomish	WA

425 Events

Dix-Johnson	Karen	Omaha	NE
Brown	James	Green Island	NY
Clark	Mary	Port Angeles	WA
Conley	Shane	Dayton	OH
Conner	Theresa	Bothell	WA
Dollar	Andrea	Alexandria	VA
Gley	Bob	Trabuco Canyon	CA
Harper	Mackey	De Soto	TX
King	Patricia	Gaithersburg	MD
Masterson	William	Dayton	OH
Pederson	Gary	Edgewood	WA
Potter	Pamela	Millersville	MD
Remillard	Louise	Scotia	NY
Schubert	Daralyn	Huffman	TX

450 Events

Clark	Mary	Port Angeles	WA
Conner	Theresa	Bothell	WA
Dollar	Andrea	Alexandria	VA
Georgelos	Nellie	Johnstown	NY
Harper	Mackey	De Soto	TX
King	Patricia	Gaithersburg	MD

475 Events

Blackmun	Dorothy	Seattle	WA
Clark	Mary	Port Angeles	WA
Conner	Theresa	Bothell	WA
Dollar	Andrea	Alexandria	VA
Galloway	Debra	Austin	TX
Georgelos	Nellie	Johnstown	NY
Gillette	Terri	Waynesville	MO
Harper	Mackey	De Soto	TX
Ryan	Michael	Aurora	CO
Snyder	Beth	Schenectady	NY
Travis	Michael	Englewood	OH

500 Events

Blackmun	Dorothy	Seattle	WA
Clark	Mary	Port Angeles	WA
Conner	Theresa	Bothell	WA
Harper	Mackey	De Soto	TX
Saratora	Mary	Danvers	MA
Snyder	Beth	Schenectady	NY
Travis	Michael	Englewood	OH

525 Events

Clark	Mary	Port Angeles	WA
Conner	Theresa	Bothell	WA
Extine	Mike	Olympia	WA
Gately	Christina	Wilmington	NC
Krow	Timothy	Port Royal	PA
Lesieur	Lorraine	Alexandria	VA
Liebig	Mary	Windsor	WI
Medlin	Darren	San Antonio	TX
Modery	Elizabeth	Bellevue	WA
Snodgrass	Cheryl	Vancouver	WA
Snyder	Beth	Schenectady	NY

550 Events

Cooney	Robert	Lititz	PA
Dillon	Kevin	Norfolk	VA
Modery	Elizabeth	Bellevue	WA
Snodgrass	Cheryl	Vancouver	WA
Snyder	Beth	Schenectady	NY
Stollberg	Martha	W Palm Beach	FL
Wirth	Craig	Pittsburg	CA
Wirth	Jane	Pittsburg	CA
Yost	Chris	Scotia	NY

575 Events

Adelman	Joseph	Springfield	VA
Dillon	Kevin	Norfolk	VA
Gley	Debbie	Trabuco Canyon	CA
Piffat	Kathryn	Danvers	MA
Snodgrass	Cheryl	Vancouver	WA
Waggoner	Tracy	Edmonds	WA

600 Events

Adelman	Joseph	Springfield	VA
Dillon	Kevin	Norfolk	VA
Krow	Joyce	Port Royal	PA
Snodgrass	Cheryl	Vancouver	WA
Vertucci	Audrey	San Antonio	TX

650 Events

Dillon	Kevin	Norfolk	VA
Green	Jesse	Greenville	OH
Snodgrass	Cheryl	Vancouver	WA
Vertucci	Audrey	San Antonio	TX
Ward	Irene	Sundance	WY

700 Events

Dillon	Kevin	Norfolk	VA
Flessert	Chris	Ft Atkinson	WI
Marke	Michael	San Antonio	TX
Snodgrass	Cheryl	Vancouver	WA

750 Events

Alton	Susan	San Antonio	TX
Dillon	Kevin	Norfolk	VA
Gebhardt	Diane	Edwardsville	IL
Ridge	William	Harleysville	PA
Roberts	Michelle	Seattle	WA
Saintsing	Brenda	Thomasville	NC

800 Events

Alton	Susan	San Antonio	TX
Averill	Marion	Bradenton	FL
Averill	David	Menands	NY
Bonewitz	Joel	Louisville	TN
Cockrell	Kathleen	Knightdale	NC
Noonan	Susan	San Antonio	TX
Whalen	Dee	Rose Creek	MN

850 Events

Alton	Susan	San Antonio	TX
Noonan	Susan	San Antonio	TX
Watts	Peggy	Ames	IA

900 Events

McClellan	Sheila	Port Orange	FL
Payton	Bob	Coupsville	WA
Thovson	Reta	Hill City	SD

950 Events

Dela Fuente	Ann	New Port Richey	FL
Ley	Richard	Silver Spring	MD
Schepps	Madison	Alexandria	VA
Schepps	Elizabeth	Alexandria	VA
Soenke	Carole	Sacramento	CA

IVV Event Awards

continued from page 28

1000 Events

Carter	Deborah	Mesquite	TX
Duffman	Trudy	O'Fallon	IL
Hait	Beate	Holliston	MA
Miller	Patty	kutztown	PA
Romig	Carol	Mililani	HI
Thomas	Retha	Joplin	MO

1050 Events

Green	Betty	Souderton	PA
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1100 Events

Giddings	Jeffrey	Rockville	MD
Glass	John	San Jose	CA
Green	Betty	Souderton	PA
Mighells	Diana	Anderson	MO
Rathgeb	Doug	Davis	CA

1150 Events

Corrigan	Don	Des Moines	IA
Glass	John	San Jose	CA
Green	Betty	Souderton	PA
Heritage	Allan	Spokane	WA
Johnson	Luanne	Orrville	OH
Lucas	Jean	Davis	CA
Severtsen	Sandi	Shoreline	WA

1200 Events

Filemyr	Alice	Rockville	MD
Hartel	Colleen	Lincoln City	OR
Hartel	James	Lincoln City	OR

1250 Events

Beales	Dana	San Ramon	CA
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1300 Events

Ogur	Sherry	Mountlake Terrace	WA
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1350 Events

Medlin	Susan	San Antonio	TX
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1400 Events

Lanpher	Michael	Greenville	SC
Marlar	Bart	Oak Point	TX
Marlar	Bart	Oak Point	TX

1450 Events

Lanpher	Michael	Greenville	SC
Marlar	Bart	Oak Point	TX

1500 Events

Grunewald	Robert	Alexandria	VA
Hiles	Sandy	Portland	OR
Marlar	Bart	Oak Point	TX
Olson	Phyllis	Urbandale	IA
Williamson	Richard	Kent	WA

1600 Events

Badger	Linda	Edwardsville	IL
Haynes	Wesley	Battle Ground	WA
Ohl	Jean	Vancouver	WA
Swanson	Helen	Danville	VA

1700 Events

Haynes	Wesley	Battle Ground	WA
Hirsch	Rosemarie	Lakewood	WA
Ohl	Jean	Vancouver	WA
Repik	Charles	Lakewood	WA

1800 Events

Barton	Carolyn	Tucson	AZ
Long	Sarah	Boulder	CO
Repik	Charles	Lakewood	WA

1900 Events

Long	Sarah	Boulder	CO
Repik	Charles	Lakewood	WA

2000 Events

Cordes	Carl	N Las Vegas	NV
Derheim	David	Columbia	MD
Korff	Martha	Clatskanie	OR
Long	Sarah	Boulder	CO
Repik	Charles	Lakewood	WA
Thurber	Carolyn	Derwood	MD

2100 Events

Logan	Sherilyn	New Braunfels	TX
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2200 Events

Logan	Sherilyn	New Braunfels	TX
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2300 Events

Conyers	Glen	Joplin	MO
Conyers	Doris	Joplin	MO
Morrison	Sheila	Olympia	WA
Skinner	Eileen	Clifton Park	NY

2400 Events

Miner	Cecilia	Woodbridge	VA
Parr	Jone	Rockville	MD
Pritchard	Marietta	Huntsville	AL

2500 Events

Miner	Cecilia	Woodbridge	VA
Thorne	William	Marion	IN

2600 Events

Cruz	Loralie	Surprise	AZ
Hillard	Deborah	Box Elder	SD
Miner	Cecilia	Woodbridge	VA

2700 Events

Dehetre	Thomas	Waldorf	MD
Ott	Ellen	San Antonio	TX
Walden	Paul	Vancouver	WA

2800 Events

Lamb	Paul	Bisbee	AZ
Wittenberg	Elisabeth	Tacoma	WA

2900 Events

Heller	Patricia	Schertz	TX
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3000 Events

Heller	Patricia	Schertz	TX
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3100 Events

Heller	Patricia	Schertz	TX
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3200 Events

Heller	Patricia	Schertz	TX
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3300 Events

Heller	Patricia	Schertz	TX
Hudson	Brooke	Hurst	TX

3400 Events

Penta	Maureen	Long Branch	NJ
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3500 Events

Gebo	Robert	Moreno Valley	CA
Gowin	Monica	Prince George	VA
Penta	Maureen	Long Branch	NJ

3600 Events

Wood	Ethel	Portland	OR
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3700 Events

Wood	Ethel	Portland	OR
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3800 Events

Chazen	Martin	Manassas	VA
Wood	Ethel	Portland	OR

3900 Events

Baker	Richard	Vancouver	WA
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4000 Events

Clark	Jack	Port Angeles	WA
Jackson	Thomas	Biglarville	PA

4100 Events

Hendricks	Beth	Rapid City	SD
Jackson	Myrna	Sacramento	CA

4200 Events

Jackson	Myrna	Sacramento	CA
Lindberg	Shirley	Post Falls	ID

4500 Events

Kaiser	Charles	Brick	NJ
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4600 Events

Beamer	Raymond	Cascade	CO
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4700 Events

Tollett	Annette	Hampton	VA
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5400 Events

Yother	Lucy	Leavenworth	KS
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5800 Events

Haseloff	Robert	Seguin	TX
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11000 Events

Heritage	Allan	Spokane	WA
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IVV DISTANCE AWARDS

500 KM

Deely	Michael	San Jose	CA
Deely	Nicole	San Jose	CA
French	Linda	Maryville	TN
Maurer	Karen	Simpsonville	SC
Reeh	Sandra	New Braunfels	TX
Vertucci	Taylor	San Antonio	TX
Wood	Marianna	Houston	TX

1000 KM

Billman	Jo	Wildomar	CA
Blankenship	Roxanne	McMinnville	OR
Giesecke	Carol	Cambridge	MA
Johnson	Keith	Port Orchard	WA
Jones	Clark	Dayton	OH
Kerch	Tammi	W Sacramento	CA
Klimaszewski	Richard	Anderson	SC
Minderlein	Mary	EightyFour	PA
Necker	Nancy	Glenside	PA
Necker	James	Glenside	PA

Peppers	Theresa	Wildomar	CA
Perry	Judy	Kerrville	TX

1500 KM

Council	Rosemary	Edgewater	MD
Deely	Patrick	San Jose	CA
Partlow	Alice	DeLand	FL
Peppers	Theresa	Wildomar	CA

2000 KM

Ostrander	Gail	Schenectady	NY
Thielemann	Gerhard	San Antonio	TX

2500 KM

Bentley	Steven	Lawton	OK
Cieslak	Christine	Portland	OR
Heath	Wayne	Woodbury	MN
LeDeuc	Susan	Everett	WA
Ostrander	Gail	Schenectady	NY
Remillard	Louise	Scotia	NY

3000 KM

Ann	Leslie	Norfolk	VA
Brown	James	Green Island	NY
King	Patricia	Gaithersburg	MD
Ostrander	Gail	Schenectady	NY
Stoneback	Gary	Federal Way	WA

3500 KM

Esker	Barbara	Pasadena	MD
Harold-Carter	Victoria	Saline	MI
McDaniel	Robert	Greenville	SC
Putman	Glenda	Ponte Vedra Beach	FL
Raudabaugh	Jane	Port Orchard	WA
Schubert	Daralyn	Huffman	TX

4000 KM

Dix-Johnson	Karen	Omaha	NE
Blackmun	Dorothy	Seattle	WA
Cieslak	Paul	Portland	OR

Conner	Theresa	Bothell	WA
Potter	Pamela	Millersville	MD
Schwencke	Mike	San Antonio	TX
Suchodolski	Jack	Seminole	FL

4500 KM

Blackmun	Dorothy	Seattle	WA
Clark	Jack	Port Angeles	WA
Clark	Mary	Port Angeles	WA
Conner	Theresa	Bothell	WA
Czaplicki	David	Laurel	MD
Harper	Mackey	De Soto	TX
Lesieur	Lorraine	Alexandria	VA
Levers	Beth	Prairie Du Sec	WI
Potter	Pamela	Millersville	MD
Schubert	Kenneth	Huffman	TX
Snyder	Beth	Schenectady	NY
Stollberg	Allan	W Palm Beach	FL

IVV Distance Awards continued on page 30

IVV Distance Awards *continued from page 29*

5000 KM

Adelman Joseph Springfield VA
 Beard Lois Goodyear AZ
 Clark Mary Port Angeles WA
 Conner Theresa Bothell WA
 Cramer Elizabeth Brookville OH
 Dollar Andrea Alexandria VA
 Harris Brenda Boulder City NV
 Heath Julie Olympia WA
 Hendricks Jeffrey Rapid City SD
 Krow Timothy Port Royal PA
 Modery Elizabeth Bellevue WA
 Suchodolski Mary Seminole FL
 Wells Thomas Snohomish WA

5500 KM

Clark Mary Port Angeles WA
 Conner Theresa Bothell WA
 Coonney Robert Lititz PA
 Dollar Andrea Alexandria VA
 Harris Brenda Boulder City NV
 Heath Julie Olympia WA
 Jewett Patricia Portland OR
 Saratora Mary Danvers MA
 Snodgrass Cheryl Vancouver WA

6000 KM

Dollar Andrea Alexandria VA
 Duffman Trudy O'Fallon IL
 Harris Brenda Boulder City NV
 Jewett Patricia Portland OR
 Krow Joyce Port Royal PA
 Ridge William Harleysville PA
 Snodgrass Cheryl Vancouver WA
 Soenke Carole Sacramento CA
 Vertucci Audrey San Antonio TX
 Ward Irene Sundance WY

6500 KM

Dillon Kevin Norfolk VA
 Harris Brenda Boulder City NV
 Jewett Patricia Portland OR
 Ponder Jo Rapid City SD

Roberts Michelle Seattle WA
 Snodgrass Cheryl Vancouver WA

7000 KM

Alton Susan San Antonio TX
 Cannon Michael GermanTown MD
 Dillon Kevin Norfolk VA
 Harris Brenda Boulder City NV

7500 KM

Alton Susan San Antonio TX
 Averill Marion Bradenton FL
 Averill David Menands NY
 Flessert Chris Ft Atkinson WI
 Saintsing Brenda Thomasville NC

8000 KM

Donner Brenda Seattle WA

9000 KM

Green Betty Souderton PA

10000 KM

Dela Fuente Ann New Port Richey FL
 Giddings Jeffrey Rockville MD
 Glass John San Jose CA
 Thomas Retha Joplin MO

11000 KM

Bowers Margaret Chesapeake VA
 Filemyr Alice Rockville MD
 Rathgeb Doug Davis CA

12000 KM

Bope Harriet Dayton OH
 Lucas Jean Davis CA

13000 KM

Medlin Susan San Antonio TX

14000 KM

Silkworth Heidi Eules TX
 Williamson Richard Kent WA

15000 KM

Hiles Sandy Portland OR
 Jerabek Janice Lincoln CA
 Ohl Jean Vancouver WA

16000 KM

Badger Linda Edwardsville IL
 Ellingboe Linda Seattle WA
 Nuss Barbara Sacramento CA
 Silkworth Gary Eules TX

17000 KM

Hirsch Rosemarie Lakewood WA
 Long Sarah Boulder CO

18000 KM

Barton Carolyn Tucson AZ
 Glass Suzi San Jose CA
 Long Sarah Boulder CO
 Marl Marlar Bart Oak Point TX
 Morzillo Linda Saratoga Sprgs NY
 Mukasa Carol Seattle WA

19000 KM

Marlar Bart Oak Point TX

20000 KM

Cordes Carl N Las Vegas NV
 Kruger Robert Lindsborg KS

22000 KM

Logan Sherilyn New Braunfels TX

Yother Leslie Leavenworth KS

23000 KM

Romig Carol Mililani HI

25000 KM

Haynes Wesley Battle Ground WA

30000 KM

Hendricks Beth Rapid City SD
 Treibel Nancy Shoreline WA

35000 KM

Chazen Martin Manassas VA
 Jackson Thomas Biglarville PA

40000 KM

Heller Patricia Schertz TX
 Repik Charles Lakewood WA
 Wood Ethel Portland OR

45000 KM

Heller Patricia Schertz TX
 Penta Maureen Long Branch NJ
 Pritchard Gary Huntsville AL

BIKE DISTANCE AWARDS

30000 KM

Hendricks Beth Rapid City SD

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.

TAW email: taw@ava.org

Note: TAW email address will only accept pictures or articles. Advertisers must go through Karen Winkel, karen@ava.org, to sign an advertising contract and adhere to the deadline for changes to existing contracts.



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

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

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

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

Card number _____ Expiration ____ / ____ CVC Code ____
(on back of card)
 Signature _____

GroupWorks referral/Name of club _____ Club # _____

Individual and Family/Friend

Associate Membership Fees
 Individual (\$25/year) Family/Friends (same address) (\$30/year)
 International Individual (\$35/year) International Family/Friends (\$45/year)
Includes 10% off convention package and most purchases.
 (NOTE: Membership does not include a New Walker Packet which is sold separately.)

I would like to receive my TAW newspaper by:
 _____ paper _____ electronic _____ I do not wish to receive the TAW

Do not share my information.

Please send my membership packet to:
 Your Name _____
(please print the name you would like to appear on your card)
 Spouse/Friend's Name _____
(for Family/Friend membership or paid Lifetime Spouse/Friend membership only)
 Family/Friend Members _____
(for Family/Friend membership only)
 Address _____
 City _____ State ____ Zip _____
 Phone _____
 Email Address _____

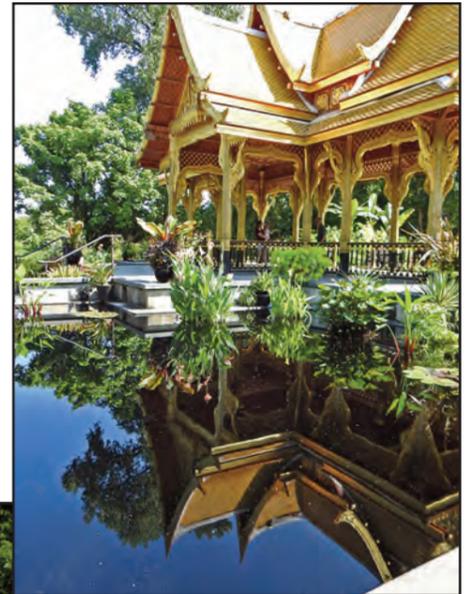
Please return application by mail to AVA, 1008 S. Alamo Street, San Antonio, TX 78210 or fax to 210-659-1212. You may also apply for membership by calling Karen at 210-659-2112 (8 a.m.-5 p.m. CST, Mon.-Thu).

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



SAY CHEESE!

Olbrich Gardens Walk



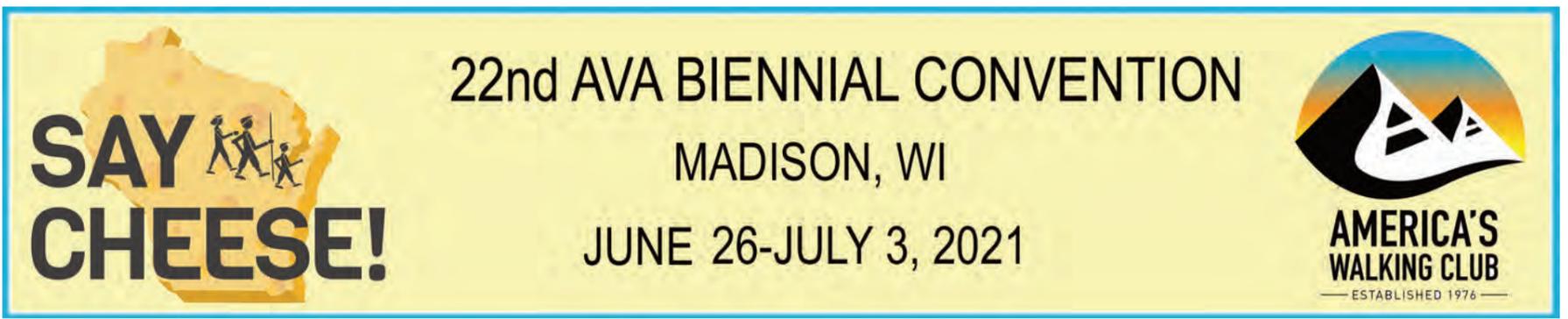
Convention photos continued on page 32



#BIGGIVE2021
SAVE THE DATE
SEPTEMBER 23, 2021

big give

IT'S THE SIMPLE ACTS OF KINDNESS
 THAT KEEP US WALKING.



SAY CHEESE!

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



AMERICA'S WALKING CLUB
ESTABLISHED 1976

AVA Awards and Recognition Gala

2021 AVA Hall of Fame Award Recipient



Duncan Brantley was inducted into the Hall of Fame for his lifetime of service to AVA.

2021 Trailblazer Award Recipient



Trailblazer Award went to Olympic Peninsula Explorers Volkssport Club for work with Olympic Discovery Trail and Peninsula Trails Coalition. Todd Oberlander, club president, accepted the award.

Not pictured: Jan Van Vlack, Presidents Award recipient for VOPS; and Robert Cooper, for the Ted Ballman Youth Award.

2021 AVA President's Award Recipients



Mike Green receives the President's Award for his work on IT for AVA.



Darrell Neily receives the President's Award for support of users of the Online Start Box (OSB).



Tim Miner receives the President's Award for development of strategic partnerships focusing on Special Programs.



AVA's next biggy — the 18th IVV Olympiad in San Antonio, Texas, February 19-23, 2023.



#BIGGIVE2021

SAVE THE DATE

SEPTEMBER 23, 2021

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IT'S THE SIMPLE ACTS OF KINDNESS THAT KEEP US WALKING.