



NW Regional AVA News and Information for Alaska, Idaho, Oregon, & Washington

SANDI SEVERTSEN (RD) and PAT JEWETT (DRD)

#11 NW Regional News 4/3/2026

Hello Northwest Walkers!

Reminders:

Quarterly reports are due in April. Please complete your YRE reports in a timely manner so that clubs are not penalized. Your club thanks you.

Seasonal walks are opening up for the Northwest! Take advantage of so many walks/hikes available to enjoy for a limited amount of time. Check out my.ava.org for the latest on seasonal walks.

For Washington Clubs: There is a new law that came into effect in October 2025 that charges tax on presenters at meetings. Even though volkssporting club meetings shouldn't have to worry about this, one of our clubs already got a letter from the Secretary of State (SOS), requesting the tax payment. After a phone call to the state office, the problem was resolved.

As needed clarification when reporting your non-profit status this spring, please include the following on the drop down menu:

NATURE OF BUSINESS

- ATHLETIC
- PROMOTION OF PHYSICAL FITNESS AND HEALTH BY ENCOURAGING PARTICIPATION IN NON-COMPETITIVE WALKING AND BIKING EVENTS.

50th Anniversary: So far AVA has celebrated three of their seventeen **50th anniversary walks** in throughout the USA in Nevada, Texas, Virginia, and soon, Iowa. If your making plans to attend an event, there are still 14 left to go! They are worth your while. Here is an article about [AVA celebrating 50 years](#). From September 24-27, 2026, the NW is celebrating the 50th in Astoria. Mark your calendar for this fun event, and look for a brochure coming out in May for registration.

New Partnership with Silver Sneakers: There are three clubs in AVA, who will pilot this program. For a club to agree to hosting Silver Sneakers, the following are requirements: Guides need to have CPR training, 3+ hours Silver Sneakers Training, agree to exclusion check, then lead at least 2 monthly walks with a certified Silver Sneakers group leader, assign an SS administrator, and be able to verify Silver Sneakers members so that their walk is paid for. Check with your medical plan to see if it offers Silver Sneakers membership. See attached.

Updates: AVA requests that all clubs update their board members and membership totals on my.ava.org. Here is where you find the page to do that:



VERIFICATION OF ADDRESSES

It is important that the information on this page be kept accurate. At least once a year you will be asked to indicate that the information has been verified. You may verify the information as often as you need.

Verified

Member count

Last was 60

Update

Last update: Sep 5th, 2025

Good to know:

- For traditional walks, you can easily find them with this link, and then click on "update":
<https://my.ava.org/regional-te-list.php?time=month&rsel=NW>
- All walks are listed on the attached Future Events Calendar (FEL)

Weekend Events coming up:

Sat., April 4 - Easter at the Arboretum. Seattle. Registration: 9:00-10:30am. Location: Madison Valley Stormwater Greenbelt (Intersection of E. Denney St. and 30th Ave. E.) OR take the link to University Washington. 6k and 10k rated 2B, pets are welcomed! Enjoy this lovely spring time walk through the Arboretum.

Sat., April 11 - Tacoma vs Ruston: Battle of the Charm-n-Views. Tacoma. Registration: 9:00am-noon. Location: 4741 N. Baltimore St., Tacoma. Two loops: 5K rated 1A, and 7K rated 2B, or do both for a 12K. See historic homes, Pt. Defiance Park, and more.

Sat., April 11 - Soup Walk. Jefferson, Or. Registration 9:00-1:00pm. Location: 310 N 2nd St., Jefferson, OR 97352. Great views of the surrounding area where you can spot wild turkeys and a field of Emus by the Santiam River. 5 and 10K rated 2B.

Fri-Sun, April 17-19, 2026. NW Hiking Weekend - Steam Boat Rock State Park. Registration: 9:00-10:00am. Location: 51052 WA-155, Electric City, WA. at Steam Boat Rock State Park parking lot, by the restrooms. *Fri-Sun: no guide* for Old Wagon Road & Northrup Canyon hikes. *Sat.- guided walk* at 10:00am for Steamboat Rock. 3K, 5K, & 10K's rated 3B & 4C. Discover Pass required. Bring your hiking boots and poles. Suggested to pack a lunch and bring water.

Thurs-Sun, April 23-27. Wild and Woodsy in Washington Walking Festival. Start at Washington Association of Sheriffs and Police Chiefs, 3060. Willamette Dr NE, Suite 200. Lacey, WA 98516. Hosted by [Capitol Volkssport Club](#): enjoy a weekend of fun with 11 walks, a Pub Crawl, Pizza/Salad dinner, and a Restaurant Dinner Buffet. Please complete the registration form on their website by 4/12.

Thurs-Sat, May 7-9. Spring in Whatcom County. 6 YRE group walks are being offered as a group weekend walk event by Interlaken Trailblazers. Thurs: 10:00am Lynden, 3:00pm Ferndale. Fri: 10:00am Blaine, 3:00pm BirchBay. Sat: 10:00am Lake Whatcom, 3:00pm Padilla (Bayview State Park). See attached flyer for detail information.

Sat., May 16. Flaming Geyser State Park. Auburn, WA. Registration: 9:00-noon. Start: 23700 SE Flaming Geyer Rd., Auburn, WA. Hike the trails of this great state park along a stretch of the Green River. 6k and 10k rated 2B.

Sat., May 30. Campbell Creek- University Lake Trail. Anchorage, AK. Registration: noon-2:00pm. Location: Anchorage Animal Care and Control, 4711 Elmore Rd, Anchorage. The Anchorage Volkssport Club is hosting a walk with views of the beautiful Chugach Mountains and possible sightings of moose, black bears, eagles, or salmon. Distance 5k/10k (1A). Important Event Information: Do **NOT** approach any wildlife along the trail. Give them their space. All pets **MUST** be on a leash.

Until next time, see you on the trail!

Sandi Severtsen (NWRD)

Pat Jewett (NWDRD)