



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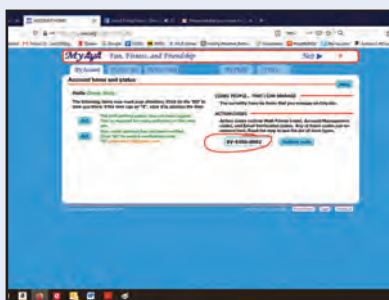
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2021 AVA Biennial Convention – Madison, Wisconsin

By Jerry Wilson, Chair, AVA Convention Committee

It's time to make your plans to travel to Madison Wisconsin in June 2021. Pre-convention events will be held Saturday, June 26–Tuesday 29, 2021. Local club members are planning a walk and bike event in each location. Each pre-convention site will be available on the indicated date, but will also be available as a convention Seasonal event for a limited time before and after the convention in Madison. Beginning in Galena, Illinois, on June 26 and each day until the last date in Madison, July 3, a walker and biker can pick up their start card and directions for any of the events for the other pre-convention events and Madison Bike events. This will allow participants to complete the event to fit their travel plans.

Saturday, June 26 — The first pre-convention walk and bike events in Galena, Illinois.

Sunday, June 27 — Join us in Oconomowoc, Wisconsin. Bring your walking shoes and bicycle.

Monday, June 28 — Third on the list is a bike and walk event in the land of the Frozen Tundra, Green Bay, Wisconsin.

Tuesday, June 29 — The final pre-convention walk and bike events in Sparta, Wisconsin. Biking will be on the Elroy-Sparta State Trail.

Beginning in the afternoon on Tuesday, June 29 through Saturday, July 3, plan to be in Madison, Wisconsin, for the AVA Biennial Convention, including social events, along with walking, biking and swimming events. Fun, Fitness and Friendship! Come Join us!



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

This convention butts up to the fourth of July holiday to allow travelers time to return home; Sunday is the fourth, and Monday, July 5, is considered a work holiday for many.

Come join us! Say Cheese! 

See more convention information continued on page 19, 21

Keep AVA on its feet - 2020 Big Give

By Samanta Sanchez, AVA Communications Specialist

These are difficult times and we are especially concerned for the people we serve. Your wellness is our priority and we want to continue to serve you for many years to come. While we are doing everything possible to sustain daily operations and provide services to our community, the postponement of events during our busiest time of the year is significantly impacting our budget. Now more than ever, AVA needs your support of the Big Give. This is our sixth year of our annual fundraising campaign, the Big Give. Last year, our generous donors raised \$81,665.70! We had 490 donors come together to support our cause. This year, our goal is to surpass \$80,000 once again.

Why donate to the Big Give? Our walking programs help people live a longer healthier life by lowering the risk of heart disease, diabetes, obesity, depression and even some cancers. As America's Walking Club, our mission is to promote these walking health benefits to everyone in our

communities by inviting them to come walk with us. By donating to the Big Give, you are helping the AVA continue its mission.

If you're able to, please consider donating to our annual fundraiser, the Big Give. To donate, mail your check to the American Volkssport Association: 1001 Pat Booker Rd, Ste. 101, Universal City, TX 78148 or make an online donation by visiting ava.org (click on "Make a Donation" button) now through September 10. The Big Give online giving day was rescheduled for September 10. If you would like to help us leverage additional Big



THANK YOU!

RAISED


\$49,966.95

#KeepAVAonitsfeet

big give

Campaign ends September 10, 2020.

AMERICA'S WALKING CLUB — ESTABLISHED 1976

Give prize money, we encourage you to visit thebiggivesa.org site (search for AVA) on September 10 to donate. Through the generous support of our donors, the amount raised to date by the AVA is \$49,966.95. Every gift matters. Help keep AVA on its feet. Thank you! 

PRESIDENT'S MESSAGE



I hope you and yours have been able to stay healthy during the days of COVID-19. The impact of COVID-19 has been significant at the club and national level. As the nation begins looking to a return to normal, the board of directors unanimously agreed to rescind the suspension imposed on clubs hosting Traditional Events on May 1. Based on the recommendations of the National Coronavirus Recovery Commission, the Board sees the return to normal AVA activities to be approved on a regional basis. Each regional director will advise their region when they are prepared to begin approving sanction requests. However, clubs should recognize that even within regions there may be different timelines with regard to returning to some form of business as usual. Clubs should listen to and follow the directions of state, local and federal authorities on local circumstances surrounding rules and guidelines for returning to normal as we continue to battle the COVID-19 virus. We expect that social distancing, wearing of masks and gloves and limitations on the size of gatherings will continue on a regional, state and local level. Regional directors will be asking clubs if they are following those guidelines as they look to approve sanction requests. Some additional general guidelines can be found in the May *Checkpoint*. Club

officers should also play close attention to information in the *Checkpoint* in order to follow the guidance from the national office with regard to fees and payments.

While this has been a very disruptive time in the life of our clubs and AVA, as we return to some form of "normal," this may present us with an excellent opportunity to make a positive impact on our communities. There is every indication that COVID-19 has caused many people to seek ways to improve the quality of their health. Clubs should look at this as an opportunity for attracting new participants as we know the mental and physical benefits of walking, biking and swimming are just what people need.

COVID-19 has had a significant adverse impact on the budget of AVA as it has with so many small and large businesses. We have taken and will continue to take actions to keep AVA afloat. An example of this was the cancellation of the in-person board meeting that was to have been held in Madison, Wisconsin, in July. In place of that in-person meeting will be an extended electronic board meeting which will save AVA \$10,000. Another example was the decision to close the national office on Fridays to cut back on personnel expenses. In addition to cost-saving efforts, the national office has taken action to apply for various grants and forgivable loan programs for which AVA may be eligible. All of this is to ensure that you know that at the

President's Message continued on page 3



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

Published quarterly by the American Volkssport Association (AVA) a non-profit, educational association that promotes fun, fitness and friendship by providing non-competitive walking and other sporting events for everyone. The AVA represents the United States as a member country of the International Federation of Popular Sports (IVV) and administers all IVV programs in the United States.

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Renewals and address changes are due to

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

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

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Quarter 1: March issue – Jan. 25
Quarter 2: June issue – Apr. 25
Quarter 3: September issue – July 25
Quarter 4: December issue – Oct. 25

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Fun, Fitness, Friendship

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HEADQUARTERS NEWS NOTES

Notes to clubs

By Erin Grosso

Club treasurers first quarter participation reporting

Due to COVID-19 and the lack of access to many of our walkboxes, we will need to adjust our quarterly reporting requirements for the 1st quarter 2020. With requests “to stay in place,” “maintain social distance,” and restrictions put on non-essential businesses, I believe that we are all doing the very best that we can do. While we absolutely appreciate clubs that can file their reports, doing so as quickly as possible, we certainly understand that there will be some clubs that simply cannot get access to their walk boxes. Our solution is to have clubs report based on checks or payments that they have already received and/or estimate the number of participants. It may be helpful to look at last year’s number of event participants to come up with an estimate for this year. These estimated numbers can then be adjusted to actual numbers as we are able to get out to walk boxes. Any credits or additional charges will be processed as quickly as we are notified by clubs. There will be no late fees charged for first quarter reporting. The goal is to work together to maintain the success of the AVA and all our clubs, to support one another and hope that we can get back to our business of walking and maintaining our health.

General Exemption Certificate Letters

General Exemption Certificate Letters for all clubs under the AVA’s IRS tax exemption have been sent out as of Friday, April 3. If you are expecting a letter and did not receive one, please contact me. I have noticed that the postal service is running a bit slower than normal. I am happy to resend the letter and/or send an electronic copy.

Change of Fiscal Year from June 30 to December 31

If you are planning on changing your fiscal year from June 30 to December 31, now is a great time to do it. The 990-EZ requires the entire form to be completed while only the highlighted areas on the Schedule A require completion. Contact me if you have any questions or need help completing the forms. I am happy to walk you through both forms. It is not as hard as it looks (though it looks bad!). Send me an email and your phone number and we can arrange a time to do it together. These original forms can be found on IRS.gov. Use the search bar to print or download fillable forms, found at these URLs:

irs.gov/pub/irs-pdf/f990ez.pdf
irs.gov/pub/irs-pdf/f990sa.pdf

The AVA National Office staff is now working almost 100 percent from home. However, I am always happy to help in any way possible. Feel free to email me and/or your number and we can schedule a time to chat. 📞

President’s Message *continued from page 2*

national level we are doing everything we can to weather the COVID-19 storm. You can help by contributing to The Big Give which is ongoing until September 10.

It is important that we continue to take action to help slow the spread of COVID-19. Your club members are the most valuable part of AVA: America’s Walking Club and many are in one of the very vulnerable populations for COVID-19. It is critical that we do what we can to keep everyone healthy.

While this has been a difficult time for all, we do have some exciting times ahead. I know that everyone is

looking forward to the 22nd AVA Biennial Convention in Madison, Wisconsin, June 26 – July 3, 2021. Watch for more information on the website and be ready to “Say Cheese!” On the international front, AVA has put in a bid to host an IVV Olympiad in 2023. This would be the first one to be held in the Americas. The vote will take place at the IVV Congress in October. This will be a tremendous opportunity for AVA to host a great international event.

I guess that is it for this President’s Message. Do what you can to stay healthy, and don’t forget to donate to AVA through The Big Give. 📞

A match for success: Element3 Health & America’s Walking Club Matching Program

By Emily Chetwood, Program Development & Outreach

Element3 Health (E3H) is a unique matching service focused on engaging older adults in their passions (including walking!) to increase social, mental and physical activity for healthy aging. We are excited for our new program and partnership with Element3 Health to work together for our mission in common.

To obtain more information, contact Emily Chetwood from the AVA National Office at emily@ava.org. There is no timeline for when a club might be contacted by Element3 Health with participant matches once they have completed the application.

Program Status

Element3 Health (E3H) and the AVA

ELEMENT3™ HEALTH

This year, our clubs are eligible to join the Element3 Health Network for **free** as a part of this new program! Membership in Element3 Health’s Network includes the following benefits:

- ❖ Access to New Members – Element3 Health will match and connect its members who are interested in walking with a local AVA club.
- ❖ **Free** access to GroupWorks – a safe, easy, and established online club management platform that simplifies member communications and handles event scheduling, collections of payments and dues.
- ❖ **Free** access to Element3 Health’s Club Leader Toolkit.

To participate in the matching program and to gain access to the benefits listed above, join Element3 Health’s Network today by completing a quick, **two-minute** application on their website. Clubs wanting to participate must complete this application. Participation in this matching program is optional and at the discretion of each club.

are moving forward, taking this time to plan and discuss logistics of the program with clubs who are interested in registering. Element3 Health is following the Center for Disease Control and World Health Organization guidelines and they are not connecting their members with registered clubs until further notice. Both organizations are working to keep their members active but most importantly safe and healthy. We are looking to more virtual outlets to encourage exercise and we are preparing preventative health guidelines for when it is safe to get back out on the trails.

Fun Facts

- ✓ We currently have 31 clubs registered! The region with the most registered clubs is the Northwest region with the Pacific region close behind.
- ✓ There is a GroupWorks community for clubs interested in this program called AVA/E3H Phase I.
- ✓ We have updated our Program Guidelines document and our Frequently Asked Questions (FAQ) document. This information will continue to be updated in the monthly *Checkpoint*. 📞

AVA National Program — Walking the United States

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



HEADQUARTERS NEWS NOTES

Celebrating Marvin Stokes

By John McClellan, Southwest Regional Director

Friends and fellow Volkssporters,

It is with great sadness that I must report the passing of Marvin Stokes, a Life Member of the American Volkssport Association; former AVA Vice President and Southeast Regional Director, and former President of the Happy Wanderers Walking Club of Port Orange, FL. Marvin passed away on Sunday, March 29, after a long series of health issues. His death was not related to the current COVID-19 pandemic. Marvin was 82.



Marvin was a retired United States Army Lieutenant Colonel and aviation officer with 26 years as a helicopter pilot including three combat tours in Vietnam. Marvin's love of Volkssporting began in 1974 while serving in Germany, and continued through his retirement as he joined the Happy Wanderers in 1995 and served as co-president from 2001 to 2011. Marvin worked as a travel agent in retirement and organized numerous bus trips for the Happy Wanderers including several mega-event weekends in Savannah, an Alaska trip, Walk-Around-Florida (s) and an Alpine Europe trip in 2000.

Marvin is survived by his wife, Tina. At this time funeral arrangements are pending until after the pandemic.

If you wish to send Tina a card, you may mail it to: Tina Stokes, 2975 Wild Pecan Court, Port Orange, FL 32129. 🌿

Upcoming Traditional Events

By Jeff Giddings

Have you ever wondered what Traditional Events (TEs) are coming up this week, this month or longer? How about wondering what TEs are coming up in your state or nearby states? Does your club or state association or regional director keep a calendar of upcoming TEs?

Well, now you can go to my.ava.org/find-an-event.php and click on the Traditional Events List button in the upper right area of the page. Once you are on the Traditional Events List page, you are presented with a couple of options to generate or filter the list. On the left is the time period that you wish to be displayed, and on the right is the AVA region that you are interested in displaying. The "Submit" button will activate the filters you choose. Remember that this list contains only the events that have been sanctioned. If an event has just been sanctioned it may not show up yet. Come back in a couple of days and it should be here.

For full article go to cb.ava.org/checkpoint/2020/Apr/Traditional_Events_Page.pdf. 🌿

Keep Walking America: Walk locally and walk virtually

By Tim Miner

During these times when traveling is restricted, how can members of the AVA: America's Walking Club continue their IVV and personal goals? The AVA Programs Committee recommends two activities. "Walk Locally" in your neighborhood or "Walk Virtually" using the AVA's Virtual Online Program.

Walk locally

Even in the most restricted areas of the countries, civic leaders recognize the need to get outside and walk in the community while practicing safe social distancing. Members of the AVA and members of local clubs associated with the AVA can still reach their IVV program goals in their own neighborhoods. All it takes is to sanction a seasonal walk in your local community.

Members can work with their clubs or regional director to host a Seasonal walking trail beginning April 1, that goes right by their own front door. Plot out a 10k route in the local neighborhood. A 5k trail done twice is also a simple solution. The trail can be available for three, six or nine months. Like every other sanctioned event, there is a small sanction fee and the walking fee associated with these trails.

Normally, it takes 90 days to sanction an event, but in these times, the AVA leadership is flexible to make things happen and to keep America walking. The IVV stamp will arrive after April 1, but that doesn't mean you can't walk now and stamp the logbooks once it appears. Just print out a log sheet and sign the waiver before leaving home.

Since this neighborhood walk will appear on the ESR register and will be "searchable" just like any other AVA trail, have a plan for helping others to discover your neighborhood.

Use either the Online Start Box protocol or distance registration through email and mail to manage these walks.

While the OSB frees you from all the administration of managing a walking trail, it does require you to have an individual account to register and pay for your own walking event. The OSB help line staff can guide you through this process. Regional directors can also assist with the process after the event is sanctioned. You will need a complete map and set of directions to upload into the computer for others to access the trail.

Distance registration will require participants email the walk point of contact (POC) to request a start card that includes the waiver. Upon receipt of the signed waiver or proof of the signed waiver (this could be a picture or scan of the signed waiver) the walk POC will email the participant the walking directions and map. After the POC receives the fee for each walker, the POC should send the number of stamped insert cards requested (for the event, distance, and special programs). For walkers who are cutting and pasting stamps into books, you might request all needed stamps be placed on the same insert card.

Adding a local neighborhood walk helps the AVA continue its needed cash flow of fees to support the its work for us all. Whether sanctioning a new walk in your local neighborhood, or participating in the virtual trail program, every step helps America be better and more resilient during stressful times.

See more information on Virtual Online Programs on page 5 of this issue of *TAW*.

Keep walking, America. Every step counts. America's Walking Club is with you on this journey together. 🌿

KEEP AVA ON ITS FEET!





big give

Campaing ends
September 10, 2020.

Your support of our mission helps AVA change and grow so more people can realize the benefits of fun, fitness and friendship. - Nancy Wittenberg, AVA Vice President, Chair, Fund Development Committee



AMERICA'S WALKING CLUB

— ESTABLISHED 1976 —

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

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

HEADQUARTERS NEWS NOTES

my.AVA.org

AVA IT

Development continues with a set of new features. Some you may be familiar with the Online Start Box (OSB) but others are very new. The IT team is trying to balance new features against the need to retire the legacy ESR system. These new features are leading us in that direction, but there is a tremendous amount of work still to be done.

The legacy ESR is now over 15 years old and has served us well. It continues to function while we develop a replacement on my.AVA.org. The new features are additions to your event sanctions, just as the OSB is an addition to your sanction. Please explore what is there. We are open to suggestions and certainly want to know about anything that you find confusing.

We are slowly moving away from a club login to a personal login. Club logins have poor security. Please take the time to create a personal account and add a link to your club account on the system. From your personal home page, "My Account," click "My Profile," then "My Connections." Scroll down to "Manage a Club/Club Events" and enter a club login (ID and password). If it matches, a club link button will appear on your "My Account" home page. This link is permanent and clicking it will take you to the club home page. You can manage as many clubs as you need — there is no limit.

From the "Club Home" page, click the "Sanctions" tab to see a list of your club's sanctions. Here you will find five additional tabs that enhance your sanctions. Have a look, explore; you can see what is possible before deciding to use a feature.

➡ **Status** – This allows you to add a status message to your sanction without messing with the sanction itself. These messages are bright and very visible emergency messages about the sanction that appear on the sanction lists and the sanction view. Things like a Traditional event being postponed, or a start box moving. There is no approval needed to add a message.

➡ **Sell It** – Provides a way to add marketing material to the sanction. An 'elevator' pitch that will appear on all public sanction lists can tell people why they should do your event. A brochure can be added, even for YREs and Seasonal events. Finally you can add up to four pictures that are visible as a slide show when someone is looking at your event. Idea: Take a picture of the place for a special program that is a draw for your event.

➡ **Location** – The system will use the web to find a rough location for your event based on the city and state, and perhaps the start point address. Many start points do not resolve well, so the location found can be off by miles. The location tab allows you to correct this so that the map based search provides an accurate location. This page will be enhanced to later provide remote start, multiple start points and preferred parking information.

➡ **Stamps** – The new stamps are a roaring success, but did you know that you can edit the text that appears on the stamp? Did you know that you can now create a sheet of cut and paste stamps for someone missing a stamp? Both are available on this page. The "Edit" is available up to the time the stamp is queued for the laser cutter, then it is locked. The "Image" button takes you the 'cut and paste' stamps, but you must access the system using a personal login to use this feature. It is perfect for mail in registration or emergency stamps for people missing them. Much better than insert cards.

➡ **OSB** – Many clubs now have one or more events on the OSB. It hosts about 10 percent of the YRE and Seasonal events. This page allows you to place your sanction into the OSB system. You upload your directions PDF and request approval. We are working to make the system simple to use as it used to be a bit complicated.

The "Event View" page has been enhanced to provide a better experience for the club webmaster. For those who do not know, this is a webpage specifically designed to be added to your club website to manage how people find your events. It automatically provides the latest information with no scrambling to keep the club website up to date. There is a tutorial on how to use this at "my.ava.org/find-a-tutorial.php?add_sanction."

The next body of work on the system will be on HQ and club management pages. These are not visible to most of you, but without them, many of the next wave of features will not be possible.

Happy trails ... Chris Zegelin, my.AVA.org developer. 🐾

Virtual Online Programs — Special C-19 Activities Program started

By Jan Van Vlack

In an effort to stay healthy and active during the COVID-19 crisis, we have set up a special version of the Virtual Online Program (VOP), The Appalachian Trail, based solely on activities converted to steps began April 6. How creative can you be? Since some activities, like bicycling, would convert to more steps than mopping or gardening, we decided to use an average of 2,500 converted steps/day.

other additional challenges, because the Special C-19 Activities Program will include a very special T-Shirt, there will be a charge for this program. Due to increasing costs, we are asking for reimbursement for postage for T-Shirts.

Remember: The actual Appalachian Trail Volkswalk is currently closed. This may be the only way to "see" this wonderful trail



Go for a bike ride ... done for the day. Only mopped, gardened or walked some stairs? Find something else to get your activity in. Play croquet with the grandkids, lift some weights, get the Wii out and bowl! Most anything and everything will count ... so if you can't find it on the list, find something comparable. Let your imagination guide you. And if you do go for a Volkswalk, a walk around your block, or a walk in the park that will also count as an activity.

this year. Join now, see as much as you can of the AT during this crisis, and if you don't finish, you will still earn the special T-Shirt while having fun. Sign up now so you won't miss logging your activities. The challenge began April 6.

If you have questions, please post on The VOP Appalachian Trail Challenge for others to see, or email vop@ava.org.

Go to cb.ava.org/Appalachian_Trail.php to register and for prices.

To view a partial list of VOP/C-19 Program activities go to cb.ava.org/checkpoint/2020/Apr/Activity_Conversion_Chart.pdf. 🐾

Washable Face Masks

Face Masks



- Cotton and Poly-Cotton Blend
- 2 Layers Non-Medical
- 1 Mask for \$9.75 or 2 Masks for \$17.50 (You save \$2.00)
- Limited Supply
- To order and prepay contact Marian at the National Office
- marian@ava.org or 210-659-2112

An order form is available on the AVA Website, ava.org

AVA SPECIAL PROGRAMS

Ice cream parlors finishers

CarolynAdamsVT	AnnDoerffelPA	DianeJohannesenWY	SuePaytonWA
SusanBaconIL	WilliamDonhiserSD	BonnieJohnsonMN	BarbaraPiffatMA
DonnaBaderWA	LiamDonhiserSD	BarbaraJurjansOH	JosephPiffatMA
JeffBaderWA	TrudyDuffmanIL	RussKesterCO	SusanPinnekeIA
WadeBargerIN	CherylElserIN	PatKingMD	DouglasRathgebCA
BobbiBarkleyWA	BarbaraEskerMD	MarthaKorffOR	LynnRayPA
SusanBarnesTX	AliceFilemyrMD	JoyceKrowPA	MaryReedOR
KatherineBerryMD	MaryFrinkMA	EllieKuntzPA	JenniferReidyNY
KatherineBerryMD	CarolynGarberMD	BeverlyLangeMA	DeeSchrumVA
JenniferBetarPA	RobertGeboCA	JanLardizabalPA	JodySeibertMD
SueBolanderMO	CarolGiaseckeMA	CherylLinkeOH	RebeccaShriveFL
PatriciaBrinkerIL	TerriGilletteMO	JeanLucasCA	DevaSimonOH
DianeBucherMA	PatGraeberPA	LindaLuntMA	EileenSkinnerNY
KayBuckSC	CynthiaGrayVT	SusanMedlinTX	DaleSoursVA
SusieBurchOH	JesseGreenOH	DarrenMedlinTX	CheriStoneOR
JohnCairnsNY	BettyGreenPA	BlakeMitchellMA	SharonStreittWA
EllenCallahanTX	PamelaGreigWA	LeeMoisantMN	MarySuchodolskiRI
MikeCannonMD	TeresaGrossMD	TomMongeonMA	JackSuchodolskiRI
ConnieClarkGA	EthelGuerreroVA	MonicaMoriartyCA	KathySzczeniakDE
NeilCohenCA	DawnGurtnerVA	JoannMoritzOH	CarolTalagaPA
SueConnellyNY	BeateHaitMA	CarolMukasaWA	CarolynThurberMD
SallyCoonesCA	MonicaHaitMA	JamesMyersPA	AnnetteTollettVA
RobertCooperNC	BevHavenAZ	MarilynNasiCA	JimTompkinsTX
CameronCoxNY	BethHendricksSD	KenNelsonOR	TerriTylerKS
TomCrabillIN	StevenHessOH	DuaneNeugebauerSD	Sue-LonWebertWA
MargoCravenMA	SandyHilesOR	BarbaraNussCA	DanielWebsterOR
SandyCroushoreVA	CarolHollarNJ	LindaNymanCO	NancyWittenbergWA
PatDamianiMA	DavidHookerCO	EllenOttTX	ElisabethWittenbergWA
ChaseDavisWA	BobHuffakerFL	WardParrMD	Carrie AnnWitzelWA
BeverlyDelladioKS	JoanneIzbickiMA	DonnaParrMD	EthelWoodOR
DeannaDelladioKS	JaniceJerabekCA	JosephParrMD	RuthiWorshamTX

Little free libraries finishers

Douglas RathgebCA	Marge OehlkeMN	Susan MedlinTX	Sue-lon WebertWA
Jean LucasCA	Bonita JohnsonMN	Siba SpencerTX	Chase DavisWA
Janice JerabekCA	Jane LegaardMN	Debbie GallowayTX	Nancy WittenbergWA
Sally CoomesCA	Carol HollarNJ	Annette TollettVA	Elisabeth WittenbergWA
Theresa IharaCA	Sue CoxNY	Monica GowinVA	Sharon MoatsWA
Barbara NussCA	Steven HessOH	Celia MinerVA	Franja BryantWA
David HookerCO	Deva SimonOH	Tim MinerVA	Dorothy BlackmunWA
Rebecca ShriveFL	Mary ReedOR	Kenneth EberhartVA	Linda BallWA
Peggy WattsIA	Cheri StoneOR	Dale SoursVA	Thomas BaltesWA
Don CorriganIA	Dan WebsterOR	Sandy CroushoreVA	Roy BauskaWA
Lawrence SchwindtIN	Sandy HilesOR	Sandi SevertsenWA	Sue PaytonWA
Cheryl ElserIN	Julia WesterbergOR	Carol MukasaWA	Danielle DaskamWA
Wade BargerIN	Jim WestcottOR	Linda PugmireWA	Chase DavisWA
Jane ParrMD	Debra WestcottOR	Bonnie TuckerWA	Kevin MooreWI
Donna ParrMD	Ethel WoodOR	Carolyn WarholWA	Diane JohannesenWY
Alice FilemyrMD	Beth HendricksSD	Tess SuttonWA	
Jone ParrMD	Doug KapaunSD	Sherry OgurWA	

AVA: America's Walking Club!

AVA Special Program – Walk Like An Olympian

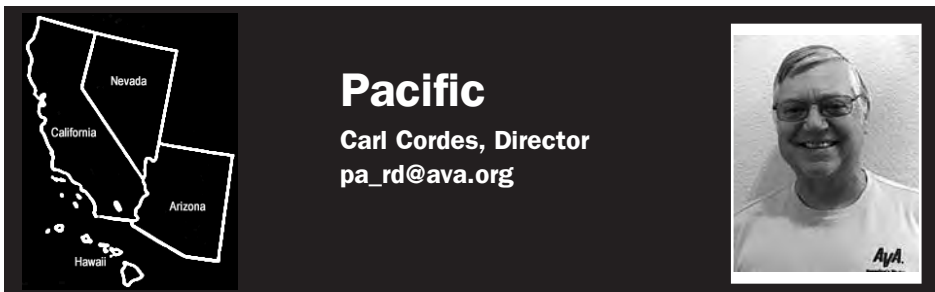
Runs January 1, 2018 through December 31, 2021. Just like the Olympians, you can earn bronze, silver, or gold by walking routes in cities that have hosted a modern Olympic Games and/or American cities with the same name as host cities (i.e. Athens, Georgia or Moscow, Idaho). Ten walks are required for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



TIPS for TAW !

When **typing dates** always spell out the month with a comma after the day. There is no need to put the year in unless the event is happening in a different year. Day before month is military time, which TAW doesn't use.

~~September 1, 2019~~
~~Sept 1, 2019~~
~~Sept. 1, 2019~~
YES! September 1,
~~2 September~~



Pacific

Carl Cordes, Director
pa_rd@ava.org



China Ranch Walk celebration

By Carl Cordes

The Las Vegas High Rollers & Strollers (LVHRS) will host our only Traditional event this year (thanks COVID-19) on October 10. We are walking outside the box (of Nevada) at China Ranch, a small family-owned and operated date farm, which is a lush piece of greenery tucked into the forbidding landscape of the Mojave Desert. The China Ranch Date Farm is located near Tecopa, California, and the southern end of Death Valley National Park, about 80 miles west of Las Vegas. On Saturday, October 10, registration will be open 9 a.m.- noon and finish by 3 p.m.



China Ranch Date Farm – The Hidden Oasis.

Not only will this walk celebrate National Volkssporting Month, but our club's 35th Anniversary. I wonder if the China Ranch store can make a date cake for the occasion as good as their date shakes. Come walk with us and find out.

This walk is one of our most requested repeats with a 5k/10k option through date palm groves, spectacular desert scenery, part of the Old Spanish Trail and the historic Tonopah & Tidewater railroad bed. If you are getting used to social distancing, the south end of Death Valley provides the stillness and quiet you only get in a wilderness area with plenty of space to spread out. But carry plenty of water.

For more info on this event check out our LVHRS Club Groupworks page, LVHRS.org or email LVHRS1985@yahoo.com. Visit ChinaRanch.com to learn more about date palms and the surrounding area. 🌴

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.

Explore Lake Berryessa

By Stephen Dmytriw

You are invited to join the Vaca Valley Volks for a walk along the Smittle Creek Trail at Lake Berryessa on September 26. This will be an out and back walk on a packed dirt trail that stays about 20 feet above lake

and the main town in the valley, Monticello, was abandoned. Although the abandoned buildings were razed, during periods of extreme drought, remnants of the town, like bridges, may emerge above the water



A view of Lake Berryessa from the Smittle Creek Trail.

level, but with short side trails that lead down to the water. The overall elevation rise of the trail is not very high, but the trail is a continual up and down as it undulates around the lake. Most hiking reviews describe it as moderate.

The walk begins with a nature trail which describes the various trees and plants of the area. Lake Berryessa is a reservoir owned by the Bureau of Reclamation and operated under a cooperative agreement with Solano County. It provides flood control protection to the city of Winters and other downstream communities, as well as a high quality water supply for irrigation and for the cities of Vacaville, Suisun City, Vallejo and Fairfield. The grassy hills are dotted with oak and manzanita which provides excellent opportunities to view eagles, hawks, songbirds, wild turkeys and deer. Berryessa's water reaches temperatures of up to 75 degrees in the summer, making it an ideal place for water sports. Anglers enjoy fishing for both cold and warm water species, such as rainbow trout, bass, catfish, crappie and bluegill.

The lake was formed by constructing Monticello Dam across Putah Creek at Devil's Gate in 1953. The project submerged a fertile agricultural valley

line. The view depends upon how full the lake is. If you do find any artifacts, do not touch them and leave them as you found them. At capacity, Lake Berryessa stores 1.6 million acre feet of water and is one of the largest bodies of fresh water in California. The lake is 23 miles long, three miles wide with 165 miles of shoreline. Reclamation and the Blue Ridge Berryessa Partnership jointly manage a 2,000-acre wildlife area along the east side of the lake. At the east end of the lake, by the dam, is the Glory Hole – officially the "Morning Glory Spillway." It is a unique spillway for the lake and Monticello Dam. When water levels rise above 440 feet, water starts spilling down the hole and into Putah Creek, hundreds of feet below. Reclamation maintains five developed day use areas: Oak Shores, Smittle Creek, Eticuera, Olive Orchard and the Capell Cove Boat Launch and, in addition, five private resorts are on the lake.

Join us for a slightly more challenging walk around Lake Berryessa. Pre-registration required because it is on federal property. Currently all areas of the lake are closed because of COVID-19. We plan on the day use areas being open by our walk date. Check our website for updated information at vacavolks.org/calendar.php.

Pacific Region continued on page 8

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.*



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.



Pacific Region

continued from page 7

Lands End to Sea Cliff, San Francisco, California

By Priscilla Fife

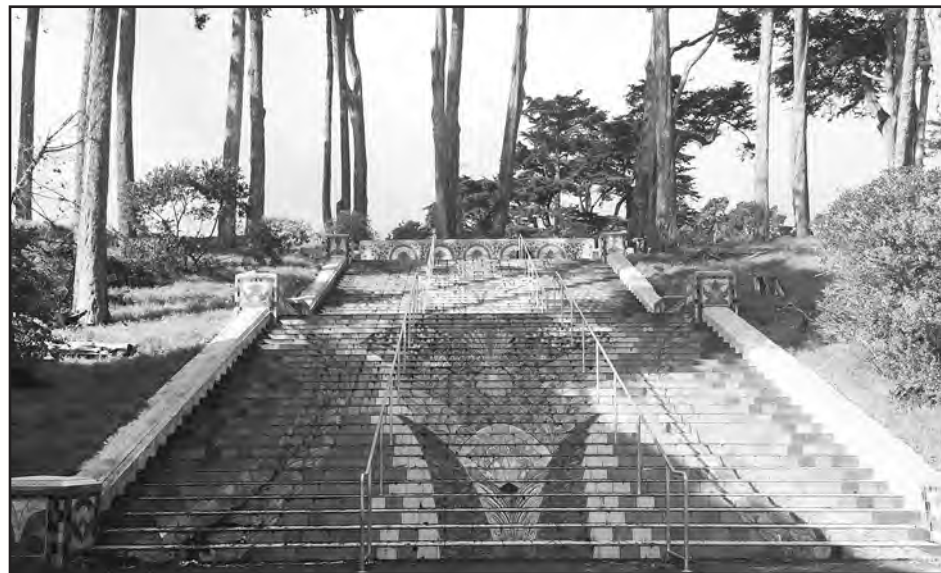
The San Francisco Bay Bandits invite you to join us in San Francisco on Saturday, August 15, for a breathtakingly scenic walk from Land's End to the Sea Cliff neighborhood. Along the way enjoy views of the Golden Gate Bridge, unique elegant million dollar homes in the Sea Cliff neighborhood, China Beach, a beautifully tiled stairway entrance into Lincoln Park and golf course, the grounds of the Legion of Honor Art Museum, WWII bunkers on the grounds of Fort Miley, the ruins of Sutro Baths and the beautiful grounds of the Sutro Mansion overlooking the Pacific Ocean.

There is a 10k and 5k option, with some significant hill and stair climbing. A significant part of the route is on difficult terrain so we recommend walking sticks. Not suitable for strollers or wheelchairs. Register

Stone, actor Cheech Marin, Metallica guitarist Kirk Hammett, political donor and candidate Tom Steyer and Otto Miller former chairman and CEO of Chevron.

China Beach is in a tiny cove tucked between Lands End and Baker Beach in the Sea Cliff neighborhood. This sheltered pocket of sand features spectacular views of the Marin Headlands and Golden Gate. Chinese fishermen, long ago, anchored their junks in the cove and camped on the beach. You can see a monument to these early residents at the trailhead near the parking area at the end of Sea Cliff Avenue.

Before 1902, the parcel of land now referred to as Lincoln Park was a cemetery named Potter's Field. In 1909 the Board of Supervisors



A beautifully tiled stairway entrance into Lincoln Park and golf course.

from 9 a.m.-3 p.m. at Sutro Heights Park, 846 Pt Lobos Avenue, San Francisco. Registration will be done from the back of a car on 48th Avenue at Geary Blvd next to the park. This event qualifies for the following AVA Special Programs: Walk USA - A-Z and 50 States.

Long before Europeans arrived, the Yelamu Ohlone tribe lived at Lands End in seasonal settlements. Here at the ocean's edge, they found everything they needed: hillside springs gushing with fresh water, trees and brush for shelters, and easy access to the shore, where they fished and hunted. The Spanish settlement of San Francisco, which began in 1776, ended the Yelamu's traditional life at Lands End. Today Lands End is a park in San Francisco within the Golden Gate National Recreation Area. It is a rocky and windswept shoreline at the mouth of the Golden Gate.

Sea Cliff is a neighborhood of multi-million dollar homes. Some of the neighborhood's more famous current and past residents include Jefferson Airplane guitarist Paul Kanter, photographer Ansel Adams, comic actor Robin Williams, actress Sharon

approved the complete removal of the cemetery to Colma and continued construction on a public golf. Also in Lincoln Park, the Legion of Honor fine arts museum was founded by philanthropists Adolph and Alma Spreckels and it opened to the public in 1924. It commemorated, through art, Californian soldiers who died in World War I. When the Legion was built the original contractors plowed through burial sites and plumbers laid pipes right through bodies and skeletons.

The Fort Miley Military Reservation on Point Lobos, one of the outer headlands on the southern side of the Golden Gate, was acquired by the U.S. Army in 1893 and used as part of the seacoast defense of San Francisco Harbor during the early phases of America's involvement in World War II. The reservation was renamed Fort Miley in 1900 after Lieutenant Colonel John D. Miley, U.S. Volunteers, who died in Manila, Philippine Islands, the year prior.

For more info contact Priscilla Fife, SFBayBandits@aol.com, 916-616-6003 and leave a message or visit our Facebook page, facebook.com/San FranciscoBayBandits/. 🐾



Atlantic

Mike Green, Director
at_rd@ava.org



Commonwealth of Virginia embraces National Walking Week

By Tim Miner

Despite the uncertainty caused by the responses to the virus pandemic which began in March, the Virginia Volkssport Association (VVA) clubs in Northern Virginia were able to demonstrate the kind of success that will be a model for all clubs and state associations going forward to the 2021 National Walking Week (NWW) during the first seven days in April. Thanks to early requests from some AVA members, political leaders at the state and county level showed their support for walking by matching the AVA board of director's declaration of NWW with ones of their own.

Supervisor Yesli Vega spoke about the club and its activities during the open microphone section of the meeting of the Board of Supervisors during the NWW time. She mentioned that she wanted to sponsor a proclamation of Prince William County Walking Week but no proclamations could be made due to the urgent focus on local health responses. She entered the proclamation's draft into the meeting minutes while saying she looked forward to sponsoring the proclamation again in 2021. Supervisor Vega then literally went many "steps forward" when she joined Cecilia Miner, AVA



Prince William County Supervisor Yesli Vega walked with AVA members from her district while practicing safe distancing techniques during the subdued National Walking Week.

Governor Ralph S. Northam, a medical doctor by training, signed a proclamation that the same days, April 1-7, would be known as Virginia Walking Week throughout the Commonwealth. The proclamation was posted on the governor's website.

In Arlington County, home of the oldest international walking festival in the Western Hemisphere, the AVA and IML-sanctioned U.S. FreedomWalk Festival, the local Volkssport club garnered the support of the county board. The members of the board proclaimed April 1-7 as Arlington Walking Week. While live activities were cancelled, the county government's walking advocacy group co-sponsored virtual walking promotions with the AVA club to get its citizens out of their homes to promote healthy living during the time of restricted movements.

In Prince William County, the Wood and Dale Wanderers Club, recipients of the 2019 Trailblazer Award at the national convention, County

secretary and the club president, along with several of her staff, on a walk around the local community while demonstrating to the citizens of the county the importance of walking during the time of physical distancing. Vega then published her support for the club and walking in her district's monthly newsletter.

The purpose of National Walking Week is to get recognition for walking and popular sports beyond the normal Volkssport participants. With every trail and event, AVA clubs are contributing to the health and well-being of local citizens in their communities and the week celebrates those successes.

According to the AVA Program Committee, planning has already started on the 2021 National Walking Week. Using these positive responses in Virginia as examples going forward, all clubs and state associations should look to who they will get to promote the community benefits of walking for fun, fitness and friendship. 🐾

Atlantic Region continued on page 9

Atlantic Region *continued from page 8*

30th annual Sea Witch Festival walk/bike events in October

By Margie MacLeish

The First State Webfooters walking club, Delaware's only AVA club, is once again hosting the Sea Witch Festival walk and bike events for the 30th year in a row. There will be a 5k and 10k walk offered both Saturday and Sunday, October 24 and 25. The 25k bike event is also available both days.

were working on getting a block of rooms when the virus struck. As soon as we have a hotel, we'll add information about it on ava.org. We will also update information about the Sea Witch Festival as that becomes available.



Sea Witch Group Bike Ride, October 26, 2019; Karen Kaufman, Louise Fair, Kathy Szczesiak, Tom Jackson, Dave Brown, Dave Derhein, and Judy Chioli., Photo by Margie MacLeish.

The Sea Witch festival, occurring all weekend in Rehoboth Beach, Delaware, includes lots of things to do before, during or after walking or bike riding. We are hoping there will be no changes to the 2020 Sea Witch Festival due to the coronavirus, but I am writing this article in April and really don't know what will happen between now and then or what will be going on in October. We know that we will safely hold the walks and biking event since they are done outside. October is a lovely time of year to come to the East Coast. We have moved the start/finish point to the YMCA on Church Street. No parking fees. This will ease travel, since Church Street is very close to the Route 1 Coastal Highway. There are many hotels on Coastal Highway. We

Our Atlantic Region clubs and leadership have once again provided top-notch support to our small club by not holding any conflicting events during the Sea Witch weekend. We are thankful for that. We are hoping many people from our region, from all over the USA, as well as Volkssporters from anywhere in the world if visiting the USA this fall, will come walk and ride with us.

We are excited to enjoy the Sea Witch Festival weekend with all our regular participants and heartily invite newcomers to join us. This is our most important event each year. We put our heart and soul into it. We hope to welcome you or welcome you back to Sea Witch this October! 🍄

Freedom - to walk free
and own no superior.
~ Walt Whitman

AVA National Program — Centurion Achievement Challenge

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

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

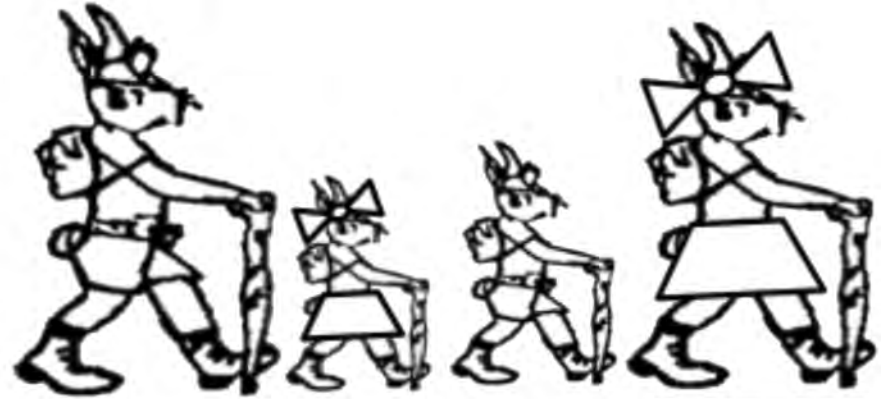


You can still walk with us

Lee Lepus Volksverband updates

By Dee Schrum

Our spring walk scheduled for April 11 has been rescheduled for April 10, 2021. The same trail will be used and the egg shaped patch with Lee Lepus Easter Bunny will be used to keep the walk with the Easter theme.



We are still planning our October 10 fall walk at Chesterfield County Airport. Of course we will monitor the situation and respond accordingly. The walk would not be cancelled but rescheduled if necessary.

Our two park walks, Petersburg National Battlefield Park and Pocahontas State Park, can be walked at any time. The office and restrooms in Petersburg are closed so the stamp is not available. We will be happy to send an insert card as soon as the office reopens. Pocahontas State Park office is closed, as are the restrooms, but they have provided porta-potties at various locations. The stamp can be located at our secondary start point, Spencer's Store. Contact Dee Schrum, dschrum4@comcast.net for signup info and walk directions.

Our Richmond Capitol walk has a start box located outside Legend Brewery with directions for both 5k and 10k events. The Brewery is closed so we will send an insert card.

Always maintain social distancing, wash your hands and wear your mask. We hope to see you soon, safe and well. 🍄

Sugarloafers thriving during COVID-19 lockdown

By Anthony Laing

Like all of the Traditional Events for walking clubs in America, the walks sponsored this spring by the Seneca Valley Sugarloafers Volksmarch Club (SVSVC) of Montgomery County, Maryland, have been curtailed. We had to cancel two Traditional Events. The first was an April 4 Westminster Breakfast walk which started out from a church offering a delicious country breakfast. The second was a walkabout in Washington Grove/Old Town Gaithersburg on May 2. The status of our third walk scheduled for June 6 (Anniversary of D-Day) at Germantown/Seneca Creek Little Seneca Creek is still up in the air.

Club members have been walking on their own within their neighborhoods. One member, who monitors a bluebird trail, has been walking weekly on a 5k loop around a golf course to check on 28 bluebird boxes.

Our most creative endeavor has been to shift some of our YREs and Seasonal Events to the Online Start Box (OSB), at least temporarily. Here is a list of Maryland club walks available on the OSB: Clarksburg, Little Bennett Regional Park; Gaithersburg, Montgomery Airpark/Lois Green Park Walk; Gaithersburg, — Montgomery Village; Gaithersburg, Seneca Creek State Park; Myersville, Appalachian Trail Maryland (the Appalachian Trail is temporarily closed); Silver Spring, Matthew Henson Trail Seasonal May 1-Dec 31; and Wheaton, Sligo Creek Park.

Our walk schedule can be found on our website at sugarloafers.org. 🍄

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.



The John Baird Memorial Walk

By Kevin Ross

There is not one person who has walked in a Volksmarch or belongs to a Volksmarch club that can't identify a friend or club member that hasn't been invaluable to the success of a club and an inspiration to Volksmarching regionally and/or nationally. We can all recall one or more of these special individuals from the past or who currently motivates membership and walkers. Such is the case with John Baird. John passed away on October 14, 2019. On August 15, the Falcon Wanderers will conduct a walking event at Cheyenne Mountain State Park in Colorado Springs to honor his accomplishments, friendship and contributions to the Colorado Springs community, the state of Colorado, the Rocky Mountain region and the American Volkssport Association.

John was an avid Volksmarcher since the 1970s and an active club officer throughout much of that time. He traveled throughout the nation to enjoy, experience and promote walks in many of the states' aesthetic locations. He was very instrumental in reactivating the Falcon Wanderers Volksmarch Club in the early 1980s and served in the club's various officer positions for many years. He was elected as the AVA Rocky Mountain Region Director and successfully governed the individual clubs in region's five states. In addition, he served on AVA financial committees and as a consultant to the AVA on financial matters. John would go out of his way to ensure the success of local clubs, the Rocky Mountain Region and the AVA. As his friend, I know how much of his life was dedicated to Volkssporting and its importance to socialization and individual and community health.


John loved the outdoors and especially enjoyed walks along trails that typically are available in parks and mountain terrain. In consideration of that love, the Falcon Wanderers have chosen Cheyenne Mountain State Park to conduct the John Baird Memorial Walk Event as a dedication to, and a celebration of John's life. The event is on August 15 and the start time is 8-11 a.m. at the Limekiln Trailhead Pavilion. The walk will be conducted on natural, unpaved trails throughout this beautiful park. There



are opportunities to see wildlife there, all while you are surrounded by unfragmented nature. The 5k is rated 2B and the 10k is rated 3B.

At the time of this article, Colorado, as most states, is currently experiencing pandemic socialization restrictions, but we anticipate that those restriction will be rescinded prior to this event's date. So, we hope you will place this event on your calendar.

Cheyenne Mountain State Park requires a fee/car to enter the park. However, traditionally, active duty and veterans are admitted free to Colorado State Parks for the month of August. Military members or veterans must show proof of military service at the visitor center or the park entrance. Proof of military service includes DD214; DD-Form 2; DD Form 2765; active, retired or veteran military identification cards; a current Colorado driver's license or state issued identification card with the word "Veteran" printed on it is as specified in 42-2-303 (5)(a), C.R.S.; VA medical card.

We certainly hope you are able to attend this special memorial event. John's life and dedicated contributions to Volkssporting and, in particular, to the Falcon Wanderers and Rocky Mountain Region, are deserving of this memorial event. Of all of those special people we remember in our Volkssporting travels, few deserve such unquestionable recognition. Whether you knew John or crossed paths with him at conventions or your region's walks, John is one of the reasons that Volkssporting is as nationally successful as it is today. Thank you, John – your legacy lives on! 

Tracy Vsetecka Memorial Walk

By Frank Sayers

Come join the Woodland Wanderers on July 25, in Fountain, Colorado, for the second annual Tracy Vsetecka Memorial Walk at Mesa Ridge High School, 6070 Mesa Ridge Parkway.

Tracy Vsetecka was a principal in the Widefield School District for over 13 years. Her unexpected passing has affected many people. Her family has joined with the Woodland Wanderers to extend her celebration of life and enjoyment of hiking to the community with a Volksmarch noncompetitive walking event in her honor. Tracy's engaging presence, positive nature and ever-present smile made a lasting impact on all she knew and those she had only just met. Join us for a walk down memory lane and an opportunity to donate to the Tracy Vsetecka Scholarship Fund to continue her legacy.




Last year's first annual walk was a resounding success. The weather was beautiful, the trail was excellent and the support from everyone was outstanding. This year we have an entirely new trail to explore. We expect the social distancing guidelines to still be in effect and our registration area will reflect those. We do not see any major challenges for maintaining appropriate distancing on the route either. A representative of the school district indicates as long as we adhere to any and all state orders in place at that time, we are good to hold the event.

So, take an hour or two and get out to enjoy the incredible Colorado summer supporting our great causes.

A website (tracyvsetecka.webnode.com/) has been created in Tracy's honor. It also includes the scholarship link, some of her obituary language and the Volksmarch info.

Start times are 8-11 am, finish by 2 p.m. Walk is rated 2B. Trail is on sidewalks and nature trails. Strollers or wheelchairs are welcomed. Carrying water and using sunscreen is highly recommended. Please allow 2 ½ hours to enjoy the walk. There will also be a 1k Memory Walk on the school track, which is rated 1A.

Directions: From I-25 take Exit 132A, Mesa Ridge Pkwy. Continue past US Hwy 85 to Syracuse St and turn left. Take the first right into the parking lot and follow the directions of our Volunteer Parking Assistants. Carpooling is encouraged.

Text Frank Sayers at 719-640-6744 or email register@avaclubs.org for questions. You may pre-register, download the event brochure or donate to the Tracy Vsetecka Scholarship Fund through our online registration site AVAClubs.org/store/, as well as register for all our other events. For general info and photo galleries, go to our web site woodlandwanderers.org. 

Rocky Mountain Region continued on page 11

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 continued from page 10

Log Hill VFD event postponed

By Frank Sayers

We have received the following information from our points of contact, Marian and Tom, with regards to the Log Hill VFD event scheduled for June 27.

“It is with a lot of disappointment that I have to inform you that the leadership of Log Hill VFD has determined that we need to postpone our Log Hill Fire Fundraiser Volksmarch until June 2021.

“The unusual nature of spring 2020 has caused many of us in Ouray County to reflect on planned activities for this summer and make changes. We believe with the predicted occasional cases of COVID 19 flaring up over the summer, influx of tourists to Ouray County and the financial strain on local businesses and residents, that postponing the inaugural event until June 2021 is the prudent solution. While this summer might pass with little disruption due to coronavirus, one of the last things we want to occur is for one or more of our residents to attend a fun event sponsored by us and somehow contract the virus and develop severe health problems.

“As we also discussed, we received a lot of positive reaction and support from our business sponsors and community in general, so we believe rescheduling the Volksmarch for June 2021 is the right thing to do. We want to thank you for all of the effort you put into planning for the Volksmarch this year.”

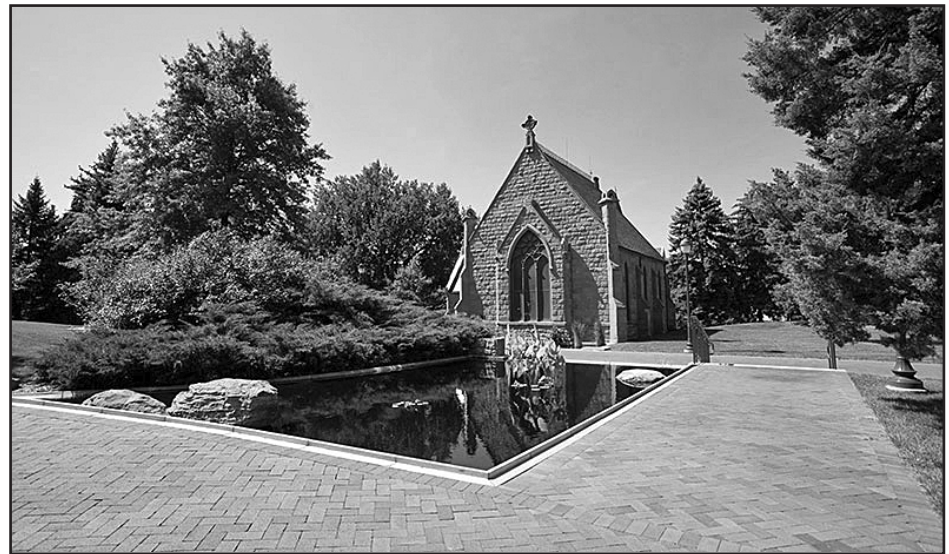
And for the not-so-bad stuff. The trail is an outstanding trail, and having the event next year will not change that. All the information about the event including the brochure can be found on our website woodlandwanderers.org, and you can still pre-register on our online registration site at AVAClubs.org/store/. To keep up to date with the activities in Ouray County, a mere five-hour trip from Colorado Springs, connect with the Log Hill Volunteer Fire Department on their Facebook page at [facebook.com/Log-Hill-VolunteerFire-Department-1715554982007177](https://www.facebook.com/Log-Hill-VolunteerFire-Department-1715554982007177). And don't forget our Durango Seasonal Event is open, but you will need to register online at our online registration site. 🍷

University of Denver (DU) Year Round Walk

By Lois Brick

Please note: At the time of this publication, due to the COVID-19 situation, this start/finish is closed until further notice.

This Year Round Volksmarch begins at the 24-Hr Fitness Center at 2770 S Colorado Blvd. As they are open 24 hours per day, a nice early start might be much cooler in the summer. Please remember this Volksmarch is 10k only; there is no 5k. It takes 5k to get over to DU, and another 5k to return.



Evans Chapel.

The University of Denver was founded in 1864 by John Evans, a former governor of Colorado Territory. It has a 125-acre main campus, which is also designated as an arboretum, including water gardens. Prior to reaching the main campus, you will walk past the Chamberlin Observatory. The central campus includes Evans Chapel, an 1870 vintage small church that was relocated from downtown to the main campus in the 1960's. It also includes the Iliff School of Theology which was the first purpose of the campus. DU also has a lacrosse-only outdoor stadium with outdoor seating.

There are a number of famous colleges on campus. It is home to the Daniels College of Business, Sturm College of Law, Morgridge College of Education, Lamont School of Music (you will pass the Robert and Judi Newman Center for the Performing Arts), and recently the School of Hotel, Restaurants and Tourism Management. After the campus, you will walk through the University neighborhood and head south to the Robert H. McWilliams Park. Here you will follow the East Harvard Gulch trail back toward University Blvd. As with most college campuses, you may encounter various construction projects. Just a reminder.

The staff at 24-Hr Fitness usually keeps the walk box in the manager's office, so just ask them to get it for you. Contact Lois Brick at 720-339-3546 for any questions. Happy Trails! 🍷

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.

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

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.

Check or money order, payable to the AVA in US funds only

Charge my credit card: Mastercard Visa
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Card number _____ Expiration ____ / ____ CVC Code _____
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Signature _____

GroupWorks referral/Name of club _____ Club # _____

Please send my membership packet to:

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

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(for Family/Friend membership or paid Lifetime Spouse/Friend membership only)

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

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City _____ State _____ Zip _____

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Email Address _____

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



Dogwood Trailblazers report

By Glen Conyers

Our club has been impacted like everyone else, I suppose. It was odd going through club night without going to the meeting. I have always been of the mind that when you start cutting the amount of club meetings, you flirt with the disaster of one day not having a club.

Our club has lost accessibility to one-half of our 15 YREs. I have urged our club members that they can still do them and, if not wanting to register at the box, go ahead and do them and register and stamp books when the walk boxes are accessible again. Doris and I are fortunate that we have a great walking trail behind our apartment which has been nice but even it gets boring and we skirt out to a YRE.

Our club postponed our May 2 Ozark, Missouri, event that we were doing in conjunction with the Ozark Hill Hiker's event in Harrison, Arkansas, to July 18. Not a cool month, by any

measure, but should work out as we had no problem rescheduling with our walk start locations.

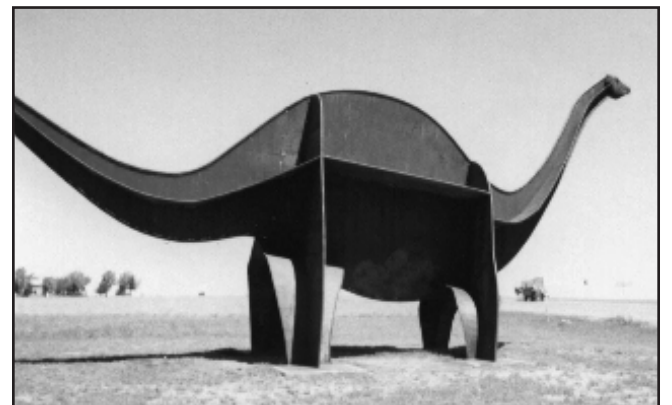
I always walk with a walking stick and lately have noted the many folks out on the trail walking who ought to be in our club. To make contact with them at six feet I distribute club business cards from a clothes pin I have attached to the end of my walking stick and tell them "come and walk with us when all this craziness is over." Good responses so far.

It is interesting to note that during this time that our environment is improving. We get to breathe cleaner air! A benefit of this mess. I am sure we are all learning more about patience and understanding during this time — hopefully. However I think I could have waited on the knowledge I have acquired about one ply toilet tissue to a later day due to the hoarding of this product. 🌿

Four walks, four counties in the Oklahoma Panhandle

The two Oklahoma clubs have joined to provide four Seasonal walks in counties that are in a beautiful, open part of our country but hard to reach. These events will be available April 1-June 30.

Boise City is in our most far western county, Cimarron. Besides the fantastic museum start point, which includes a Bruce Goff house, this county has great vistas and the highest point in our state. Starting at the Guymon Municipal Airport in Texas



County provides you with insight into the largest — and growing — community in the Panhandle as well as a new Special Program stamp. Visit the No Man's Land Museum in nearby Goodwell, or explore mixed-grass prairies at the Optima National Wildlife Refuge. Beaver County is large, but the population of its County Seat Beaver is small. The events associated with its annual Cow Chip Throwing Championship took place April 11-18. Finally, the original "stone city" of Buffalo was established before statehood near the Great Western Cattle Trail, and is now on Oklahoma's Great Plains Trail. Many historic structures still stand, thanks to its founders' requirement that downtown buildings in this Harper County town be constructed to withstand fires.

For more info on the Boise City and Guymon events, contact Clark Southard, buck_pilot_06@yahoo.com or 580-475-4453; and for Beaver or Buffalo, contact Terri Tyler, tlyler50@gmail.com or 785-233-4385. The spring can bring severe weather, or become quite warm, so plan accordingly.

There will be three county walks in southwest Kansas during the same period, as well as a multi-event weekend nearby on June 6-7. 🌿

Regional Roundup still on the October calendar

By Pat Golden

The Ozark Hill Hikers walking club is anticipating getting back on the trail with our fellow walkers and friends by our sides. With optimism and hope, the club is keeping the South Central Regional Roundup (SCRR) on our calendar.

As per the article in the December 2019 TAW, the SCCR is scheduled for October 23-25 in Bentonville, Arkansas. Four walks, two swim events, a Friday night Meet and Greet, and a Saturday evening buffet are planned.

Book your hotel room at the Element, just off exit 85 on I-49 for easy access. You may call the hotel at 479-268-5010. Be sure to ask for the Roundup rate. Make your reservations before September 23. Rooms may be cancelled by 6 p.m. the day of arrival.

Needless to say, some details are on hold because of the coronavirus. So finalizing the brochure and the preregistration form have been delayed until restrictions on some businesses are lifted. If you wish to have a brochure and registration form, email a request to bvvothh@gmail.com. Your name will be put on a list and that information will be emailed to you as soon as it is available.

Come for a weekend of fun, fitness and friendship. Everyone is invited including friends and family who may be non-walkers, as there are many things for them to do in northwest Arkansas: museums, golf, parks and shopping. They are welcome at the Meet and Greet and the Saturday night buffet, too.

If the Roundup does have to be cancelled, please check the AVA site or email bvvothh@gmail.com for the latest status. 🌿

Walking McDonald County, Missouri

By Doris Conyers

Do you have your McDonald County stamp for our Walking the Counties of Missouri program? It was 2015 when our Missouri clubs decided it was time to tackle offering walks in each of our counties. By the end of 2019, we held walks in 82 of the 115 counties. Knowing there will always be conflicting dates for Traditional events, our Dogwood Trailblazers are offering you another opportunity for this McDonald county stamp. Today this area is the "Poultry Capital of Missouri."

July 1 is the starting date for a Seasonal walk in Southwest City. Registration and walk directions will be available as a remote registration through the POC Doris Conyers, dconyers43@gmail.com. Information may also be found on our club's website and AVA website.

Southwest city is a small town whose name comes from a unique location on the border of Missouri, Oklahoma and Arkansas. It is the only corner of Missouri not bordered by a river. There are no stoplights and it might not even show up on a GPS system. That is why our driving directions are so important.

Are you still working on the Border Crossing AVA Special Program? All walkers will cross the border from Missouri into Oklahoma. On another side of town is a marker around which you might want to walk for a "Kodak moment." These few steps will take you from Missouri into Oklahoma and then Arkansas. We wish those steps were on our trail, but narrow roadways do not permit safe walking. 🌿

South Central Region continued on page 13

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

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South Central Region *continued from page 12*

Traditional walks postponed

By Glen Conyers and Pat Golden

The Traditional walks in Ozark, Missouri, and Harrison, Arkansas, planned by the Dogwood Trailblazers and the Ozark Hill Hikers respectively, have been postponed from May 2 to July 18. Both walks will be in new counties for those who are keeping county books.

The walk information will be the same as previously published in the *TAW* and in the walk brochure published by the two clubs. Registration for the Ozark walk will be at the Ozark Community Center, 1530 Jackson St., from 8-10 a.m. and finished by 1 p.m.

Registration for the Harrison walk will be from 1-3 p.m. at the concession stand in the Anstaff Bank Soccer Complex at 202 Old Stone Wall Road. The walk must be completed by 6 p.m.

As has occurred this year due to the pandemic, schedules are subject to change. So, before you gear up for a day of walking, check the status of the event on the AVA website or by contacting the club presidents: glenconyers@sbcglobal.net or pa4golden@gmail.com. Also, walkers may request an electronic copy of the walk brochure by sending a request to pa4golden@gmail.com. 🌿

Tulsa Walking Club

As everyone is well aware, there have been no AVA Traditional events since mid-March. Tulsa Walking Club has postponed walks for March, April, May and June, and will have them later in the year. Please check with the AVA website for new dates.

Our next Traditional event will be in August. Since this is in Oklahoma, we will plan the walk inside the Woodland Hills Mall, where it will be nice and cool! There is even a carousel there for those working on that AVA Special Program.

September will be a busy month, as the June event weekend has moved to the second weekend in September. The Panhandle Seasonals are also being moved to September through mid-December. We will then have our regular third Saturday Traditional event in Sand Springs on the September 19.

We hope to see everyone on the trails very soon! 🌿

Boots and shoes update

By Teri Tyler

Hello Volkssporters! Hopefully, we will be back to our usual procedures for Traditional and Year Round events very soon.

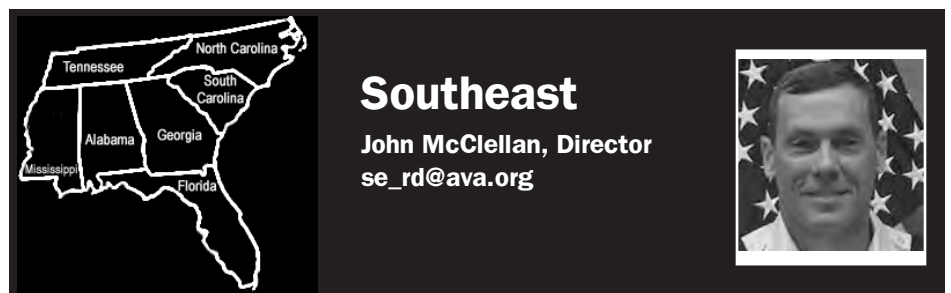
Just wanted to let you know that the events connected to the “Cowboy Boots and Ruby-red Shoes” article in the previous *TAW* issue have been rescheduled. Seasonal walk and swim events in the Oklahoma Panhandle and southwest Kansas have been rescheduled for September 16-December 16.

Event sponsors, Wandergruppe of OKC, Tulsa Walking Club and the Sunflower Sod Stompers of Topeka, have once again selected this time period for the best walking weather for participants. The clubs would appreciate your participation after their efforts to establish these events and enduring an operational delay.

The Sod Stompers’ April walking weekend has been rescheduled for October 10-11. These events are in the vicinity of the 13 Seasonal events mentioned above.

All information provided in the previous *TAW* article is still applicable. Brochures will be available whenever printing facilities are operational in our area. For further info, contact Teri Tyler at tlyler50@gmail.com.

Stay healthy and safe travels. We hope you can make a journey to America’s Heartland for some Volkssporting experiences. 🌿



WAF30 in Daytona Beach still on!

By John McClellan, Rosemary Barna and Alice Lawrence

Organizers continue to plan Walk Around Florida (WAF30) in Daytona Beach, Florida, from November 6-8. We hope everyone is staying healthy and we expect to be able to see everyone at WAF30. Hotel reservations are now available at the fabulous Plaza Resort and Spa. To reserve a room, call 1-866-500-5630 and say “Walk Around Florida” for a standard king or double queen room at our fantastic group rate. Upgrades to partial view or beachside rooms and extended stays up to three days before and after are also available at a discounted rate, while accommodations last.

was never truly inhabited until 1643 when Quakers, blown off course to the New England area, ran ashore. Named for James Ormond I, an Anglo-Irish-Scottish sea captain, Ormond became popular for the wealthy seeking relief from northern winters during tourism boom following the Civil War. Henry Flagler’s railroad arrived in 1886, and the first bridge across the Halifax River was built in 1887. Flagler bought the Ormond Hotel in 1890 and some years later one of his guests was his former business partner, John D. Rockefeller. Rockefeller arrived in



Our last article highlighted the racing history of Daytona and when you arrive, you’ll head straight out onto the World’s Most Famous Beach for our first event. Our Friday afternoon walk includes even more history though, with the Halifax Historical Society, Veteran’s Museum and Jackie Robinson Field along the planned route. Home of the Daytona Tortugas, the “high A-ball” affiliate of the Cincinnati Reds, the ballpark was the first venue its hall-of-fame namesake played in professionally after being signed by the Brooklyn Dodgers. A happy hour Meet-n-Greet back at the hotel on the pool deck will follow the walk.

Our Saturday offerings will take walkers to the neighboring coastal towns of New Smyrna Beach and Ormond Beach. An “old Florida” beach town, New Smyrna Beach was first settled by Europeans in 1768. Scottish physician Dr. Andrew Turnbull established the colony of New Smyrna and named it in honor of his wife’s birthplace in Greece. The highlight of this walk is Smyrna Dunes Park, a 184-acre inlet park with more than two miles of wide, elevated, handicapped-accessible boardwalks and breathtaking views of the Atlantic Ocean, the Indian River and Ponce de Leon Inlet.

Once within the domain of the Timucuan Indians, Ormond Beach

1914 and within four years he bought an estate called The Casements, his winter home during the latter part of his life. The highlight of our afternoon walks, though, will be Ormond’s Central Park, 150 acres with a series of ponds, canals and walkways. The 10k walkers will also visit Cassen Park, the Grenada Bridge Pier and the Bailey Riverbridge Gardens, and then return to the Plaza for cocktails and our 30th anniversary banquet dinner.

We’ll wrap up the weekend on Sunday morning at One Daytona — the new shopping and entertainment venues in the shadow of the Daytona International Speedway. See the famous home of the Daytona 500 and the headquarters of NASCAR. The 10k walkers will also explore the campus of Embry Riddle Aeronautical University, recognized internationally for excellence in aviation and aerospace education. Walkers will enjoy a send off lunch at One Daytona before heading out.

Keep watching the AVA and WAF30 Facebook page (facebook.com/WAF30/) this summer for the release of our event brochure with pre-registration form, and stay tuned for one last article with more information on the prizes and activities surrounding WAF30. We’re looking forward to seeing you at our 30th Anniversary! 🌿

Southeast Region

continued from page 13

Kerr Lake – A gem on the North Carolina/Virginia border

Triangle Trailblazers introduced a new Seasonal walk in 2019 has returned in 2020. This walk has been something of a well-kept secret, but we hope not for long.

The Kerr Lake walk begins at the Kerr Lake State Recreation Area park office in Henderson, North Carolina. This beautiful park is just one hour from downtown Raleigh, and less than two hours from Richmond, Virginia. If you're traveling this way, what a great opportunity to include two state capital walks! The area has been inhabited since the pre-colonial era, originally by the Occaneechee Indians. As the population grew in the early 20th Century, state Congressman John H. Kerr spearheaded the construction of a dam to control the regular flooding of the Roanoke River and to provide electricity. Named for Kerr, the 50,000-acre lake's 800+ miles of shoreline offer numerous recreational and camp areas in both states.



Rated 1B, the trail is a nature lovers dream and is mostly flat. Walkers will enjoy a sandy section along the lakeshore, some paved roads through campground areas and natural surface trails in a forested area. Stunning lake views are included at no charge through much of the walk! This 10k Seasonal walk will be available April 1 through September 30, 2020. 🌿

Lake James/Catawba Falls multi-event

Didn't happen in spring – will happen in fall

By Dennis Michele

The Asheville Amblers had scheduled our kickoff of celebrations for 40 years as a sanctioned Volkssport club and welcoming spring to the foothills of western North Carolina by hosting Traditional events April 17-19 featuring Lake James and Catawba Falls. Alas, the pandemic changed all that. But never fear, we have rescheduled this multi-event weekend for October 31-November 1 as our closing event for our celebration year.



Fall foliage colors.

Lake James features wooded trails, fantastic views of the lake, vibrant fall leaf colors, migrating birds headed south, a fishing pier (bring your tackle to catch the big ones) and a nature trail. The trail is rated 2B and has 5k and 10k options. Catawba Falls also has wooded trails, fall colors, migrating birds plus remnants of an old dam and buildings built along the river. The "piece de resistance" is the Upper (100' drop) and Lower (50' drop) Falls which will be in full glory as they splash through the colorful woods. They have even constructed bridges to make your walk easier, but there is one shallow stream crossing. Enjoy some colorful metal artwork to brighten your walk. The trail is rated 2C and has 5k and 10k options.

A guided walk of Lake James will be held on October 31 and a guided walk of Catawba Falls November 1. However you can do either walk on your own at any time during the weekend.

Go to ashevilleamblers.com for a downloadable brochure or contact Judy at jumianc.com for more details. 🌿

Online Programs help with #socialdistancewalks

By John McClellan

With Americans practicing social distancing during this pandemic, many Happy Wanderers are staying active and completing #socialdistancewalks through participation in existing AVA programs.

tribute more funds by simply walking. Something I'm already doing! I feel it is a wonderful way to contribute to my favorite charity." Seven Happy Wanderers are among the 96 AVA participants currently on CharityMiles, with club member



Ten members of the Happy Wanderers and 31 participants in Southeast Region are currently hiking the Appalachian Trail virtually with the AVA's Virtual Online Programs (VOP). First time VOP walker, Sandy McArthur, says "I'm enjoying using the AT Walker Tracker app. They've made it very easy to participate. I'm motivated to keep walking every time I see where I am on the map. I always see who is ahead of me for more motivation. I like the weekly updates and pictures included along the trail." You can find the registration for AVA's VOP options at: cb.ava.org/Appalachian_Trail.php.

Sandy is also practicing #socialdistancewalks using CharityMiles.com – a publicly available mobile app program that some AVA members are supporting with a team: #America'sWalkingClub! "I have donated to Save the Children on a monthly basis for years." Says Sandy. "This app gives me the ability to con-



Jerry Newman the top rainmaker in the club so far. Charity Miles matches participant's miles with dollars from national sponsors. We walk, they donate. More than 40 charities are available, and we are hoping to see AVA itself as an approved charity in the near future.

Some Happy Wanderers don't need a program to get out walking these days. Dan Spink and David McCarthy recently set out on foot from their home to the home of club member Bob Allen to wish Bob a happy birthday from in front of his house (while observing state and city social distancing guidelines). They covered 11k in the effort and checked in on a good friend. Other members are now discovering walks available on the AVA's online start box (OSB). There are now at least 157 events in 26 states and the District of Columbia that you can access without visiting or interacting with a physical start point. Find the OSB at my.ava.org/login.php

Until this crisis abates, these and more #socialdistancewalks options are available in America's Walking Club! Good luck and stay safe! 🌿

Memphis rescheduled

By DJ Moore

Nearly Memphis has been completely rescheduled. Save the dates — April 2-4 2021. Plans had to be changed due to all the other activities and walks being rescheduled. We did not want to cause any additional complications for other scheduled and rescheduled events. More details to follow.

We apologize for this drastic change and look forward to numerous walkers joining us to celebrate National Walking Week 2021. I could not be in Memphis, but hope to see you at events this fall or next year. For more info or questions contact DJ Moore, 850-628-4016 or dj.tyc1949@gmail.com. 🌿

Southeast Region continued on page 15

AVA: America's Walking Club!

Southeast Region *continued from page 14*

The party is still on — help us celebrate 40 years

By Dennis Michele

The party celebrating the Asheville Amblers 40th anniversary is still on and we hope you'll help us celebrate. Here is what we have planned for the multi-event weekend September 4-7.

Four walks highlighting Southern Appalachia trails and towns:

- Franklin, North Carolina, is a picturesque mountain town with a Tartan Museum celebrating the Scotch/Irish heritage of the area plus one of the largest gem museums in the east. You'll enjoy a pleasant stroll along the Tennessee River with great views and a covered bridge plus an Indian mound. This one is rated 2B with 5k and 10k options



Rustic Bridge at Highlands.

Cherokee, North Carolina, has something for everyone – Harrahs Casino, Indian Museums, Smoky Mountains National Park, wooded trails along a pleasant river, glitz of a tourist area and the “Unto These Hills” amphitheater. Rated 2B with 5k and 10k options

- Highlands, North Carolina, has everything – splendid views, wooded trails, botanical garden/arboretum, a picturesque park, tourist shopping area for all tastes and colorful neighborhoods. You'll never forget this town. Rated 2B with 10k and 12k options.

- Tallulah Gorge in Georgia — experience one of the largest gorges in the eastern U.S. with great views, magnificent waterfalls and quiet wooded trails. You can even go from the rim to the floor if 300+ steps don't faze you. An extensive museum and movie at the Visitor Center gives a complete overview of the area, its flora and fauna and how the gorge developed. Without the steps, this is rated 1B. Add the steps its 4B; 5k and 10k options offered.

We'll hold a Meet and Greet (BYOB) on Friday night, September 4, at Comfort Inn. A birthday party on September 5 will be held at a local famous BBQ restaurant with birthday cake and fun for all. World famous Ambler brat platters including genuine German potato salad, sauerkraut and drink will be available on September 6 at Tallulah at family friendly prices.

Rooms have been set aside (block name Asheville Amblers) at the Comfort Inn in Franklin, which will also be the start/registration point where driving directions and all instructions/maps will be provided.

For more details and a downloadable brochure, go to ashevilleamblers.com or contact Judy at jumianc@aol.com. 📄

Walk events to change

By Mike Lanpher

As with most of our country, the Mid-Florida Milers are walking in their neighborhoods. Eight of 12 Central Florida Year Round events are closed. Members remain at work at essential businesses, some at home, some helping neighbors and all are seeing neighborhood areas in more detail. If you're lucky to have family close by, it's a blessing. How will it change our events in the future?

By the time this is published, our April 30 quarantine may be over and some clarity will have arrived. We have the summer to look forward to and surely some less restrictive local guidance. Can we/should we travel? If we travel, are the communities we pass through open? Are the quarantine restrictions, as many states have imposed upon entering, still operating? Here at home we try to find a way to increase

local events that fit the many requirements. The Milers do not want to miss our 25-year YRE host, Pirates Cove Adventure Golf, Putting for Patriots event in May; if we cannot walk — we can still donate and support our veterans.

What will a walk look like? Unknowns likely to be with us are data on asymptomatic carriers and lack of data on recovered walkers, making the public nature of our events susceptible to continued contagion. At this early stage, we should develop a plan, then modify it as the government edicts change.

The walk start will likely be different with two or three registration tables, tape or chalk on the approaches at six feet apart, walkers must bring their own pens, volunteers stamp books at the start

Still going for a unique adventure in Valdeze, North Carolina

By Dennis Michele

Hopefully, the Asheville Amblers, as part of our 40th anniversary celebration, will still try a unique event on Saturday, June 20 — a long walk encompassing a small picturesque town based on a European heritage. The walk will be guided and last approximately eight hours with plenty of breaks and changes to rest.

- ❖ Old Rock School House where countless were educated and now a pivotal center of the town.
- ❖ Rock School Art Galleries where local artisans display their work.
- ❖ Trail of Faith commemorating the early struggles to form and maintain their community.
- ❖ Village Park Mural showing vari-



Trail of Faith overlook.

The town of Valdeze was founded in the early 1800s by Waldensians from the Cottian Alps of northern Italy. They brought their culture and traditions and incorporated them in this pleasant foothills town. They have maintained these over the years and you can still experience them as we venture through their town today.

To commemorate this, and as part of our 40 year anniversary, the Amblers will put on a day walk encompassing all the special features of the town. It's still only 10k and rated 2A but it lasts a major portion of the day and features 15 different attractions and significant places.

What will we do and see –

- ❖ Waldensian Heritage Museum which explains this unique culture and the reason it came to Valdeze.
- ❖ Piedmont and Western Railroad Museum which connected the town with the outside world.

ous stages of community life (find the hidden symbols).

- ❖ Quaint downtown with its tradition oriented shops.
- ❖ Bimbo Bakeries where Waldensian baked goods reign supreme
- ❖ McGalliard Falls Park with its picturesque setting perfect for our box lunch.
- ❖ Fred B. Cranford Amphitheater where the story of the Waldensians called “From This Day Forward” is presented every summer.
- ❖ The Public Library, Police Station and Recreation Department with their interesting architecture.
- ❖ Centennial Park and Fountain built in 1993 to commemorate the towns 100th birthday.

The cost for lunch and admissions to the various stops includes a bag full of goodies to commemorate the visit. For more details, go to ashevilleamblers.com or contact Judy at jumianc@aol.com. 📄



Southwest

Sammy Hunnicutt, Director
sw_rd@ava.org



Hike the Big Bend Parks in West Texas

By Susan Noonan

Hold the dates of October 9-11. Hike with an “altitude” over Columbus Day weekend with the West Texas Trail Walkers in Big Bend, Texas. This marks our 40th year as a club hiking in the remote national and state parks in west Texas. The hikes this October are along the Big Bend of the Rio Grande River in one of the most isolated and ruggedly beautiful areas of America.

Trail (3k) at the edge of the national park, near Big Bend Resort and Adventures motel.

On Sunday, October 11 only the Fresno Canyon Area Trail in Big Bend Ranch State Park will be offered. The Fresno Canyon Area Trail begins at the West Contrabando trailhead. It features geologic forma-



Hiking the Blue Creek Trail, Big Bend National Park, Helen Hull, Donna Hall, Susan Noonan.

Big Bend National Park now limits groups to 30 hikers per trail/day. To meet the restrictions, the club has sanctioned four trails to be hiked either October 9 or 10. Three trails are in the Big Bend National Park. The Window Trail starts in the Chisos Basin. It offers a scenic view of the desert flat lands to Mexico and the canyons along the Rio Grande River. The hike is 5k/11k and is moderately difficult. Blue Creek Trail begins at the Homer Wilson Ranch Overlook. Distances are between 5k-20k. The first half of the trail is easy, but it becomes more difficult as you increase altitude. The trail is an out and back up the Blue Creek and winds along amazing geological formations. Mule Ears Trail is off the Ross Maxwell Scenic Dr. The trail is a moderate hike through rolling desert terrain with views of the majestic Mule Ears Peaks. The trail is 6k/10k out and back. The fourth sanctioned walk for either October 9 or 10 features Four Spectacular Shorties. Each easy walk features a landmark in the Big Bend area. Participants can walk any or all the trails for up to 11k in total. Two trails, Closed Canyon (3k) and Hoodoos (2k), are in the Big Bend Ranch State Park along the Rio Grande river on FM 170. The scenic drive on FM 170 is considered one of the most beautiful drives in America and should not be missed. The other short hikes are Terlingua Ghost Town Walking Tour (3k) and Indian Head

tions and ridges caused by volcanic activity and uplift action. Further erosion caused by wind and rain amplifies the beauty of the trail. A moderately difficult 13k loop or 5k/10k out and back are offered. Grab a hot dog prepared by the planning team after the hike. Donations appreciated.

Meet up with your friends for beer and pizza on Friday, October 9, for happy hour at La Kiva Bar and Restaurant. Saturday night, October 10, is the BBQ Annual Dinner. Contact us for fees.

Make your lodging reservations from now to September 6 to secure the special 10 percent discount at the Big Bend Resort and Adventures Motel, 432-371-3382. Mention you are with WTTW. For other lodging and camping options, visit visitbigbend.com. The flyer and pre-registrations forms will be available on our website westtexastrailwalkers.org on June 1. For more info contact Susan Noonan, susan.noonan@gmail.com.

Alert! With the uncertainty about COVID-19 pandemic, these hikes are subject to change or cancellation. Please keep checking our website for updates, westtexastrailwalkers.org. Pre-registration closes October 1. Walk-up registration will be open Thursday, October 8 from 5-6:30 p.m. at the Big Bend Resort Motel conference room. 🐾

RRs' AVA Fundraiser Summer Sunrise Walks

By Martin Callahan

The Randolph Roadrunners Volkssport (RRV) club is hosting two sunrise fundraising walk events for the American Volkssport Association (AVA) in San Antonio this summer on July 11 and August 8. Both walks will begin at Taco Cabana restaurants. Be sure to enjoy a breakfast taco or some other tasty treat before or after you do the walks. Taco Cabana will kindly donate 20 percent of the sales receipts to the AVA from this event for walkers who tell the cashier their purchase is for the fundraiser. You can view Taco Cabana's menu online at tacocabana.com.



Dee Repp, with Hogarth, and Andy Thomas with Rudy, stop for a picture next to the medieval-style stone tower built in 1928 at the top of Comanche Lookout Park. The tower was along the walk trail for the 2018 Summer Sunrise Walk AVA Fundraiser Walk in San Antonio, Texas. Photo by Martin Callahan.

The July 11 walk will start at Taco Cabana #20280, 6826 N. Loop 1604 E. (near the intersection of 1604 and Nacogdoches), San Antonio, with the start time between 6:15-8:15 a.m., finish by 11:15 a.m. Volkssporters will follow a trail through a local neighborhood and Comanche Lookout Park. Comanche Lookout Park is a 96-acre public park that includes the fourth highest point in Bexar County and rises to an elevation of 1,340 feet.

The hill gave the Apache, and later the Comanche Indians, a vantage point for hunting the nearby Cibolo Creek, and warfare against other tribes and settlers. The hill was a prominent landmark for travelers in the 18th and 19th centuries that followed the old Spanish road (Camino Real) that passed by its base.

The hill and the surrounding area were first surveyed in 1847 and had a number of owners including Mirabeau B. Lamar, the second president (1838-1841) of the Republic of Texas. The park was acquired by the city of San Antonio in 1994.

Walkers will follow a trail including gravel, asphalt and concrete surfaces up the hill and back. At the summit of the hill you will see a medieval-style stone tower. This is all that remains of a castle-like home that retired U.S.

Army Colonel Edward H. Coppock envisioned building after buying the property in 1923. For more info on the park go to sanantonio.gov/ParksAndRec/ParksFacilities.aspx.

The August 8 walk will begin at the Taco Cabana #20251, 1130 N Loop 1604 W., #105, San Antonio with a start time between 6:30-8:30 a.m., finish by 11:30 a.m. Walkers will follow a trail through the Blanco Woods neighborhood and part of the Deerfield neighborhood. Blanco Woods is a quiet, single-family “pocket neighborhood” consisting of only eight streets. You can learn more about it online at blancowoods.com. Deerfield is an upscale development of almost 700 single family homes that began in 1984.

For more info on these two walks contact Ellen Ott, 210-723-8574, or ellenott@sbcglobal.net, or go to randolphroadrunners.info. 🐾

Southwest Region continued on page 17

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”X2¼” 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.



Southwest Region *continued from page 16*

AVA SW Region hosting Villages of Westcreek Seasonal YRE

By Martin Callahan

This year the Southwest Region of the American Volkssport Association (AVA) is hosting a new Year Round Event (YRE) in San Antonio, Texas. It is at the Villages of Westcreek, which is a suburban community located a mile west of SeaWorld San Antonio at Loop 1604 and Military Drive West, in the far west part of Bexar County.

The community has over 3,400 homes which are divided into 19 individual “villages,” each having a slightly different style. The residents have a diverse background with a substantial number of active and retired military. You can learn more about the community online at villagesofwestcreek.com.



A picture of the monument sign and the clock tower for the Villages of Westcreek community on the way to the start point for the new Villages of Westcreek Seasonal Year Round Event in San Antonio, Texas.

You will have the choice to do a 6k or 10k trail which is partially shady and over decent sidewalks. While you stroll along the trail you will pass by attractive homes dating back as far as 1987 and at one point along the 10k trail you will see the tops of some of the roller coaster rides at SeaWorld in the distance. SeaWorld San Antonio has been open since 1988 and you can learn more about it online at seaworld.com/san-antonio/.

Volkssporters will also see along the walk trail the community center, a sports park, schools and a sign advertising the Owl Creek Farm near its entrance that offers a petting zoo, pony rides and other family activities according to its Facebook page.

The start time for the walk is during daylight hours and the start point is at 12527 Fern Creek, San Antonio. For more info on this walk event Contact Susan A. Medlin, 210-325-3523 or sueammed@aol.com. The walk box is located on the front porch of the start point and if restrooms are not available you can call Susan to use her bathroom. 🐾

Walking in my life

By Lynn Butler

I've been a member of the Colorado River Walkers Club for a number of years but, due to work and family obligations, have not participated in as many sanctioned and group walks as I would have liked. I have walked on my own quite a bit for the last 10 years and do YREs when I can. But as the song says, “You don't know what you've got till it's gone.” Somehow, knowing we cannot have group activities during the virus shutdown makes the “gone” part so much worse.

I began walking in my 40s for health and well-being ... all right, let's be honest. I started walking for three main reasons. First, I wanted to lose weight. One day I was 25 and in shape and the next, I was 45 and 30 pounds overweight. Second, I am not a gym rat. In fact, I hate the gym. I've been a member of them all and would go a few times then quit out of insecurity, intimidation and lack of cute workout gear. Third, I figured walking was easy. It didn't require a membership, special gear or fancy clothes. It was something I could fit easily into my schedule and I could stay close to home.

So I began walking. I walked in my neighborhood. I walked with friends. I walked alone. As I walked, though I did lose some weight, that was not the biggest benefit. I began to love walking for itself. I loved discovering new things in my neighborhood. I began walking in different places in my small town and explored other neighborhoods. I loved hearing birds and feeling the sunshine on my face. In the warm months I loved hearing the laughter of children playing. In the

hot Texas summers I loved walking in the cool mornings before the sun made the day unbearable. I learned to love walking as dusk became dark. I loved that as I walked, I could feel my muscles working, stretching and making me feel stronger.

And then I moved to Austin. Austin is a walker's paradise. Endless miles of trails and beautiful scenery and that's just in the neighborhoods! There are trails by creeks, through parks and, my favorite — civilized wilderness! And then I discovered AVA and the Colorado River Walkers. The AVA opened up a whole new world of walking for me. I've gone and participated in walks in other towns and explored places I probably would not have gone had it not been for this group.

And then COVID-19 hit and our world changed. The restaurants and bars closed. Businesses closed. My school went to “closed but instructing” status. Salons, spas and gyms closed. But, walking did not close. Walking is still open. While some parks and trails have closed, there are many still open. Neighborhoods are open. The great outdoors, even in our beautiful bustling city, is still open. Walking is saving my sanity. Walking helps to alleviate the sorrow I feel for my seniors. Walking helps ease my fears and worries about those out of work and those who are sick. Walking helps me with my sadness of not being able to see my kids or grandkids who live in another town. Walking works. Walking is constant. Walking is still open! 🐾

Walk towards the good
in life and one day
you will arrive.

~ Attica

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.

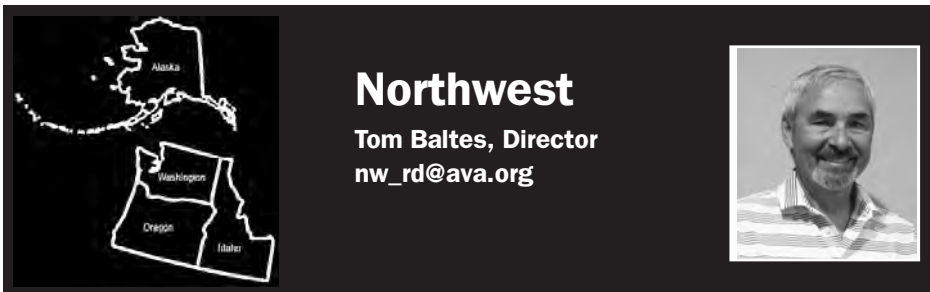
KEEP AVA ON ITS FEET!

AMERICA'S WALKING CLUB
ESTABLISHED 1974

big give

Campaign ends
September 10, 2020.

Your support of our mission helps AVA change and grow so more people can realize the benefits of fun, fitness and friendship. - Nancy Wittenberg, AVA Vice President, Chair, Fund Development Committee



NW Regional Conference rescheduled for May 20-23, 2021

By Pat Jewett

After much consideration, we've decided to postpone the NW Regional Conference to May 20-23, 2021. The conference will still be held in Medford, Oregon, and will feature the same walks and fun Rogue River Valley activities that we had planned for this June. The new dates will give walkers the opportunity to attend other events in April to June 2021.

If you've made a reservation with the Inn at the Commons for the 2020 NW Regional Conference, your registration will be rolled over to the new dates. However, call 541-779-5811 to verify your room reservations or if you're unable to attend, to cancel your reservation.

If you pre-registered for the event and need to cancel contact TLBaltes@aol.com or call 505-298-1256 to request a refund. If you want to donate the registration fee, that would help us defray the fee paid to the hotel toward the non-refundable meeting and banquet room costs.

With so many AVA events cancelled or being rescheduled we know 2021 is going to be a busy year. Please consider adding the NW Regional Conference in Medford to your traveling calendar. Let's make up for 2020 and support as many AVA events and local organizations in 2021 as we can. AVA strong! 🐾

Capitol Volkssport Club, Olympia, Washington

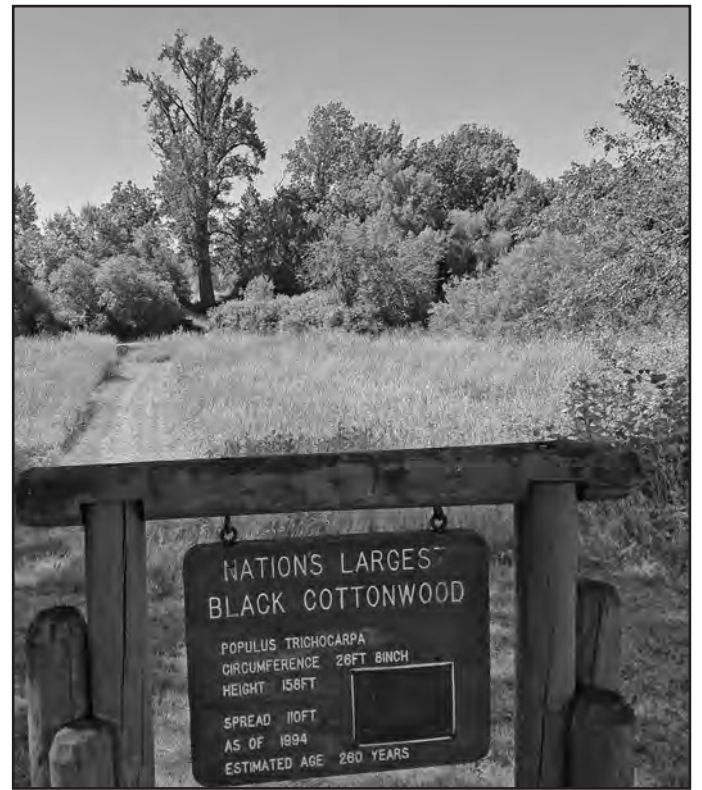
Several club members responded to my request for information on how the shutdown is affecting them and how they are spending their days. Not surprisingly, everyone said they have been walking. Some members walk sanctioned events near their homes and are tracking their walks to sign in and pay later when the walk boxes are open.

Those without a walk nearby are walking trails and neighborhoods alone or with one other person. Everyone is being cautious and using social distancing but most of us miss the group walks. As one of our new members said, "group walks offer a wonderful way to explore new routes, new places and to socialize with likeminded people who also love to walk." A few of us are working on the Appalachian Trail Challenge and at least one person has signed up for the C-19 VOP Program.

Beyond that we're doing projects around the house, practicing yoga, playing and improving our skill in games like Scrabble, and using apps like Zoom to visit with family and friends. 🐾

Willamette Wanderers return to Willamette Mission State Park

After an absence of three years, the Willamette Wanderers of Salem, Oregon, is again sponsoring their popular 5k/10k walk at the Willamette Mission State Park. The event will be on Saturday, June 6. This date is Oregon State Parks Day with no entry fee. The park is located eight miles north of Salem and is close to Interstate 5. There are almost 15 miles of trails in its 1,300 acres of varied landscape of woods, wetlands,



Nation's largest Black Cottonwood tree.

filbert grove, meadows and farmland. There is also the Wheatland Ferry, one of the few remaining pedestrian/vehicle ferries in Oregon.

The park's name is derived from the original Methodist mission established there in 1834. Known as "Wilamet Station," the settlement by the Willamette River grew to two miles in length. Frequent flooding during winter and spring later led to its dissolving in 1841 with a move to the area now known as Salem (derived from the word Shalom meaning peace). The original settlement was washed away by a 1861 flood. A sign commemorating the founding site of Salem is featured on the club's Waterways 6k/10k walk.

The park is listed on the National Register of Historic Places. While there is no trace of the original settlement, walkers will see a "ghost structure" depicting the mission. The largest black cottonwood (155' in height) in the United States can be seen. Its beginning is estimated to have been around the year 1750. Also noteworthy are the descendants of the original rose brought by the wife of the mission's blacksmith.

Come to enjoy the wonders and beauty of this serene historic area. The event will be held in the pavilion by the restrooms in the Mission Lake Day Use Area A. There will be two 5k loops, rated 1A. Registration will be from 9 a.m. to noon finishing by 3 p.m. Driving directions from I-5: Exit 263 – northbound Left; southbound Right onto Brooklake Road. Right on Wheatland Road. Left into the Park. Follow signs to Mission Lake Day Use Area A plus the event signs.

For more info contact Lin Crimshaw, linell49@q.com, 971-599-0778. The event brochure is at the club's website, willwander.weebly.com. Consider also walking the club's eight YRE/Seasonal walks in the mid-Willamette Valley with four in Salem and one walk each in Independence, Monmouth, Dallas and McMinnville.

Check my.ava.org/event-view.php?sn=116061 for updated event information as this event may be affected by Covid-19 restrictions. 🐾

How To!

PHOTOS

and graphic files


How To!

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CHEESE!**

22nd AVA BIENNIAL CONVENTION

MADISON, WI

JUNE 26-JULY 3, 2021



**AMERICA'S
WALKING CLUB**

— ESTABLISHED 1976 —

Forward to the frozen tundra!

Who can envision a visit to Wisconsin without considering a visit to the legendary home of the Green Bay Packers? We can't, so the third pre-convention walk of the 22nd Biennial AVA Convention will be held in Green Bay, Wisconsin, on Monday, June 28. The convention will be highlighted with meetings in Madison, Wisconsin, on June 30 through July 2, with pre- and post-convention walks offered from June 26 through July 3.

Green Bay has a long history, first settled by the Menominee and Ho Chunk Tribes. French explorers established a permanent settlement here in 1634 focusing on fur trade. Primarily settled by the French, the area changed hands in 1761, coming under the control of the British, but still focusing on the fur trade. The area was known as "Green Bay" as the water and shore took on a green tint each spring. With the end of the American Revolution, the area fell under American control but was still disputed territory until after the War of 1812. Green Bay advanced as a trading center with the 1825 completion of the Erie Canal. Many of the new settlers came from New England. Green Bay was incorporated as a city in 1854. Today's major industry of paper making began with the first paper mill in 1865. Green Bay would be one of many similar cities in Wisconsin were it not for events which changed its destiny forever in 1919.

On August 11, 1919, a professional football team was formed, sponsored by the Indian Packing Corporation and led by Earl "Curly" Lambeau. After two successful seasons playing an "independent schedule," the "Packers" joined the American Professional Football Association (forerunner to the National Football League). In spite of some hiccups in the first few years, the Packers have been NFL members ever since, earning the distinction of being the NFL franchise maintaining the same team name and home city for the longest time. Green Bay, with a population of just over 100,000 is by far the smallest home town of an NFL team, but the Packers are truly the team of the entire state, hundreds of thousands of whom are franchise owners through an innovative and unique public own-



Green Bay Packer Heritage Trail Plaza.

ership program initiated in 1923. Lambeau Field is the longest continuously occupied stadium in the NFL.

This pre-convention walk will feature the remarkable Packers Heritage Trail and pass 17 trail plaques commemorating important locales in Packer history. The sites visited will include buildings associated with the early years of the franchise, "Curly" Lambeau's birthplace and long-time office, the train depot used by the Packers when travel was exclusively by rail and the ballfields used by the Packers in their early years.

The walk will not pass Lambeau Field, but it is a reasonable drive from the walk venue and driving directions will be available at the walk. Tours of the stadium and/or the associated Packer Hall of Fame are offered most days for a fee depending on the status of the visitor and which tours are selected. About an hour should be allowed to visit both facilities. More information on the tours is available at packershofandtours.com. As is the case with all the pre-convention walks, this walk will remain sanctioned for participation throughout the convention, with registration, directions and stamping available at a special table at the convention venue.

A recommended side trip for attendees of this walk before heading on to the next day's walk is a drive out the scenic Door Peninsula just northeast of Green Bay. This area is noted for its scenic villages, art offerings, beautiful lake shoreline and famous Wisconsin fish boils. On the other hand, if you wish to squeeze in another walk on this day, you can stop in Appleton as you head for the next walk in Sparta, Wisconsin. The Appleton Walk passes through historic neighborhoods and city parks before following the beautiful Fox River including locks and canals built in the mid-19th century and still in use today. 🚶

Pedaling in Packerland

Although we are proud of the walking venues we are offering for the 22nd Annual AVA Convention (the convention proper is in Madison, Wisconsin, from June 30 through July 2), the Dairyland Walkers are not forgetting our cycling friends. Bike events will be offered in conjunction with each venue with awesome trails and scenery. The bike trails of Wisconsin are justly praised with hundreds of miles offered. In fact, the very first rails-to-trails route developed in the United States was in Wisconsin and we will have the opportunity to experience a portion of that ride.

The first ride will be on the Galena Illinois River Trail on June 26. The trail is hard surfaced consisting primarily of crushed rock and is a multi-use trail serving walkers, bikers and occasional farm vehicles. There are interpretive signs along the trail detailing the area's history, flora and fauna. There is often excellent bird-watching. Along the trail you will pass an old lock-and-dam system and a railroad station site. Bicycle rentals are available near the start of the trail. There is no fee for riding this trail.

Moving on to Oconomowoc on June 27, bikers will hit the Lake Country Recreation Trail. Following an old

ity. The ride follows closely a route traveled by early Native Americans and subsequently explorers and traders. After starting on a section of the Packer Heritage Trail, the route passes an old railroad trestle repurposed as a fishing pier, goes through Heritage Hill State Historical Park, and passes a dam, set of locks and the lock tender's island in Voyageur Park before heading into farmland. There is a daily use fee for riding this trail. Our final pre-convention bike route occurs on June 29 and is our most exciting as it travels on the Elroy-Sparta Trail, one of the country's most popular rides. The natural surface trail passes wetlands, farmland and prairie with three 104-year-old railroad tunnels spaced along the trail. While passing through the tunnels it is recommended that bicycles be walked since the trails are often slippery in these areas and that flashlights be carried. You may also need a light jacket in the tunnels. Bicycle rentals are available along the trail and a daily use fee for the trail is in effect.

We then wrap up our biking adventures with a no fee route available in Madison throughout the convention. Our 25k ride begins and ends at the convention hotel in downtown Madison. The majority of the route is



Tunnel along the Sparta-Elroy Trail.

railroad right-of-way, this paved trail is relatively flat. The ride will pass through farm country and lakes, go through small communities and parks. There are no nearby bicycle rentals for this ride. There is no fee for riding this trail.

There will be two choices to ride in Green Bay on June 28. For riders with their own bicycles, the East River Trail begins at the walk start point and follows the winding path of the East River through a number of parks. Most of the multi-use trail is asphalt with a few sidewalk sections along streets. There is no fee for riding this trail. If you need to rent a bicycle, the preferred route would be the Fox River Trail near a bicycle rental facil-

on bike/pedestrian paths, namely the Southwest Commuter, Cannonball, Wingra Creek Paths and the Capital City Trail. The route combines both urban and suburban environments and is relatively flat with some rolling hills. Along the way you will pass by or go through several parks as well as a portion of the UW Arboretum. You will have great views of Lake Wingra, Monona Bay and the iconic view of Madison's cityscape across Lake Monona. Madison is justly proud of its reputation as a bike-friendly city. Madison has over 65 miles of bike paths and more than 150 miles of streets with marked bike lanes. Bicycle rentals are available near the start point. 🚲

HEADQUARTERS NEWS NOTES

Texas Trails Roundup IML event

By Susan Medlin

We had 637 walkers (297 from overseas), good weather, an evening at the rodeo with Brad Paisley, a great Mexican dinner and three fabulous days of walks. Friday was an art walk in downtown San Antonio. That was followed by an afternoon press conference and opening ceremony which featured a parade of international flags, mariachis, speeches by local dignitaries and a rousing welcome to all our guests. One of our sponsors, CBD Surprise Me presented AVA with a \$1,000 check.

On Saturday we headed south to the World Heritage Spanish Missions. Over 100 dedicated walkers set off on the 42k marathon; 291 walkers were bused to Mission Espada and walked back (21k); and 141 walkers chose either the 13k route to Mission Concepcion and back, or a 5k stroll through the King William Historic District. Afterwards our walkers enjoyed socializing and sunbathing, with food trucks and music.



2021 IML pin.

Sunday took us north to visit the Pearl, Brackenridge Park and the Japanese Tea Garden. The Japanese Tea Garden was a favorite stop on the 21k walk, and we even got a mention on the local TV station. At the closing ceremony, we handed out marathon certificates and hats to those who successfully completed the marathon. A Belgian-German Friendship Team won the first Golden Boot Military Marathon challenge. Tim Miner handed out the IML awards, and we unveiled our 2021 pin.

For more info and pictures, visit us at texastrailroundup.org. Please join us February 26-28, 2021, for next year's San Antonio IML.



Susan Medlin, president of the Texas Volkssport Association, preparing to speak at the podium during the press conference at the Meeting Place.



Military members of the IML and the IVV stand in line to get credit for completing the walk.



The drummers and and flag bearers carrying the colors of the IML and the IVV and its member nations return to the Meeting Place after marching around the block.



Soldiers and civilians from Norway, Germany, Belgium, the Netherlands, and other countries at the beginning of the walk trail along César Chávez Blvd.



A view along the walk trail of the re-enactors portraying the arrival of the Mexican Army at the Alamo which was titled "La Gran Marcha del Ejercito Mexico" (the Great March of the Mexican Army).

IML photos continued on page 21

HEADQUARTERS NEWS NOTES

Texas Trails Roundup IML event photos *continue from page 20*



ROTC color guard.



The St. Anthony Catholic High School cheerleaders performing back at the Meeting Place after marching around the block.

Re-enactors portraying the arrival of the Mexican Army at the Alamo which was titled "La Gran Marcha del Ejercito Mexico." The re-enactors were visible along the walk trail in front of the Alamo.



Lorena Gambert (l) and Sarah Garcia at Mission Concepción.



Mariachi singers performing at the opening ceremony for the 3-day Texas Trail Roundup International Walkfest for the IML, IVV and the AVA.

Photos by Martin Callahan.



IVV and IML members from South Korea pose for a picture.

Re-enactors portraying the arrival of the Mexican Army at the Alamo which was titled "La Gran Marcha del Ejercito Mexico." The re-enactors were visible along the walk trail next to the Alamo.




A view from the stairs at the Meeting Place of people enjoying good drink, food and conversation after completing the walk.



Military and family members of the IML and IVV pose for a picture behind the Texas Trail Roundup frame at the finish.

More IML photos on page 29




**SAY
CHEESE!**

22nd AVA BIENNIAL CONVENTION

MADISON, WI

JUNE 26-JULY 3, 2021



**AMERICA'S
WALKING CLUB**
ESTABLISHED 1976

Walking the Bicycling Capital of America

The final pre-convention walk of the 22nd Biennial AVA Convention will be held on Tuesday, June 29, in Sparta, Wisconsin. The convention itself will be in Madison, Wisconsin, on June 30 through July 2, 2021. This pre-convention will feature a different side of Wisconsin showcasing the charm of the smaller communities.

Sauk and Fox Indians were among the first known inhabitants of the area, followed in the mid-1700s by the Ho Chunk Tribe. Sparta's first permanent white settlers were of Welsh descent and came to the area in 1849-50. Numbers increased slowly until the arrival of the railroad in 1858 and businesses were established. The discovery of artesian mineral waters led to a tourist boom in the 1870s. No person had a greater impact on Sparta during its first 100 years than Major General Robert Bruce McCoy. Raised in Sparta, he gained fame for his military leadership during World War I. Nearby Fort McCoy is named for him. Sparta is named after the ancient Greek city-state and is known now as the "Bicycling Capital of America," sitting centrally among 101 miles of state bicycle trails. The Elroy-Sparta State Bike Trail is considered to be the first "rails to trails" hiking-biking trail in America, being built on an abandoned Chicago Northwestern main line railroad bed.

Our walk in Sparta will begin in the extensive recreation area of Memorial Park where we will pass through ball fields, picnic areas and Perch Lake which is regularly stocked for fishing. Later we will walk on the Elroy-Sparta State Trail which extends for more than 32 miles (and will be offered as a Bike event) passing the old railroad depot, now an information center. Two more city parks come next as we pass the large "Ben Bikin" statue (depicting a 19th-century clad rider on an "ordinary" or high front wheel bike). Break out the camera and "Say Cheese!" As we pass through the Water Street Commercial Historic District (with many buildings on the National Register of Historic Places) there are three buildings of particular note. The Sparta Free



Ben Bikin' statue in Sparta.

Library (a Carnegie library built in 1902) is well worth visiting to experience a step back in time. The former Sparta Masonic Temple across the street from the library now houses two museums. Of particular note is the collection of over 200 bicycles dating back to the very first style. The red sandstone Monroe County Courthouse was built in 1895. Heading back to the start/finish point we pass a peaceful park surrounded by old homes and featuring a number of war memorials. As is the case with all the pre-convention walks, this walk will remain sanctioned for participation throughout the convention, with registration, directions, and stamping available at a special table at the convention venue.

Heading next to the convention in Madison, there are a couple of additional walking options available. A short distance to the west is a seasonal walk in La Crosse which includes elegant old residences, historic downtown, a walk along the Mississippi River and a visit to a university campus. Closer to Madison, Devil's Lake State Park (a fee area) explores the largest and most visited state park in Wisconsin where three different walking routes are offered. The walks present magnificent views from the 500-foot quartzite bluffs overlooking the 360-acre Devil's Lake and passes through wooded and prairie areas and include a section of the Ice Age Trail.




Book your convention reservations

By Samanta Sanchez, AVA National Office:

A block of rooms for our upcoming convention has been reserved at the beautiful Madison Concourse Hotel, located in the heart of downtown Madison. The AVA has blocked room nights for June 29–July 3 at a discounted group rate. Rates increase for three guests or four guests per room per night. Breakfast will be complimentary for AVA guests staying at this hotel Wednesday through Saturday only (limit of two complimentary breakfast per room). Additional breakfasts can be purchased. Parking for overnight guests is discounted and will be on a first-come, first-serve basis. Complimentary airport shuttle is included with your stay, along with a spectacular view of downtown Madison. The Concourse Hotel (One West Dayton St.) is now taking reservations. To make your reservations call 800-356-8293 and ask for the AVA 2021 Biennial Convention block to get the discounted rate. Or you can make your reservations online at reservations.travelclick.com/6388?groupID=2812872#/guestsandrooms. Visit ava.org for more information on the hotel rates.



Convention workshops and the General Membership meeting will be hosted in the Monona Terrace Community and Convention Center at One John Nolen Drive, Madison, just a short walk from the convention hotel. 

Tentative schedule of events

2021 AVA Convention, Madison, Wisconsin

(All event times and locations are subject to change.)

Saturday, June 26, pre-convention walk and bike events in Galena, Illinois.

Sunday, June 27, pre-convention walk and bike events in Oconomowoc, Wisconsin.

Monday, June 28, pre-convention walk and bike events in Green Bay, Wisconsin.

Tuesday, June 29, morning convention walk and bike in Sparta, Wisconsin; Convention registration opens; AVA National Board Meeting (club members are encouraged to attend); Silent Auction opens; evening social events planned.

Wednesday, June 30, morning convention walks; afternoon workshops; AVA General Membership Meeting and State Association Meeting.

Thursday, July 1, morning convention walks; afternoon workshops; evening awards and recognition dinner (moving the traditional Friday banquet to a day when more convention attendees are available) and Silent Auction closes.

Friday, July 2, morning convention walks; noon – registration closes; afternoon workshops and General Membership Meeting; **new board member welcome and orientation; presidents reception and closing remarks.**

Saturday, July 3, morning post-convention Community Walk and Health Fair Event in Madison. 

AVA: America's Walking Club!



Another six county, South Dakota walking weekend


The Prairie Wanderers are again sponsoring six county walks over the second weekend in September. Mark your calendars as the walks will take place September 10, 11 and 12.

On September 10 the walks will be in Tripp County (city of Winner) and Gregory County (city of Gregory). On September 11 the walks are in Charles Mix County (city of Wagner) and Bon Homme County (city of Tyndall). On September 12 walks are in Douglas County (city of Armour) and Aurora County (city of Plankinton).

Any of the six walks may be walked on any of the days during the three-day weekend. However logistical support will be provided only on a set schedule for each of the walks. We ask that you follow the schedule for the three days if at all possible. If you are unable to walk on the schedule set for each event, we are willing to work with you to set up alternatives that may better fit your schedule. When more information is available it will be published here at a later date.

The Prairie Wanderers are planning a group social the evening of September 10 in the Fort Randall Hotel and Casino near Pickstown, South Dakota. The Fort Randall Hotel and Casino, being a central location to our walks, is an ideal location of stay on September 10-11. For walkers who are planning to stay in Winner the evening of September 9, we recommend staying at the Holiday Inn Express or the Super 8 motels.

All of the walks are in small agricultural towns with populations ranging from about 600-3000. All of the towns are county seats except for Wagner and Gregory. This will be the first time, that I am aware of, that sanctioned walks will be held in these six counties. All of the walks will start in city parks within the town's limits.

If there are any questions about the events contact Gary Lofswold, gel_601@hotmail.com. 

Lake Country Wanderers, Minnesota walk alert notices

The COVID-19 outbreak has forced some changes and cancellations of upcoming walks.

Tuesday's Walk-n-Lunch Bunch on Tuesday, April 21, April 28 and May 5 have been cancelled We will add these in again later in the season. If the need to cancel other Tuesday walks becomes apparent, an email will be sent out.

Minnesota County Walks

The counties this year are in the north central/northwestern portion of the state. We are postponing the start dates to June 1. Since we are in shut down until May 18 and some of the start points are closed at this time, this will give them time to get up and running. This would include the counties of Crow Wing, Mahnomon, Becker, Hubbard, Clearwater, Norman (sponsored by Twin Cities Volkssports) and Cass (sponsored by Central Minnesota Volkssports). End dates of September 30 will remain the same. We are sorry for any inconvenience this may cause, but we want to see you safe and healthy.

The May 16 Traditional walk at Erlandson Park, 1105 Egret Blvd NW, Coon Rapids, has been postponed to **September 5**. The walk will start between 8:30-11:30 a.m. and finish and be off the trail by 2:30 p.m. There is a 5k and 10k route rated 1A. You will walk on beautiful scenic wooded trails through the park, along streams with a few blocks of residential. It will be very easy to socially distance on this walk. Register at the picnic table.

Keep social distancing, wear masks, gloves and keep wiping and sanitizing anything you touch to keep safe. Hope to see you on the trail soon — from six feet away!

For more info contact Bonnie Johnson at 763-229-3584. 

Blazin' Trails and Tellin' Tales coming October 2-4

By now, everyone has heard about the 20 Iowa State Parks in 2020. If you have been reading our articles, you have already been introduced to the seven walks being hosted by the Nebraska Trailblazers. Hopefully, you are all excited to visit Iowa and partake in all 20 of these diverse walks. As COVID-19 starts to calm down and we can travel again, we are hoping that everyone is healthy and ready to go. Though some of our group events had to be cancelled, the parks have not closed their trails and walkers are welcome to come to Iowa to roam. Start boxes are in place. You might check ahead to be sure the restrooms and campgrounds are open though.



October will bring a weekend of great events to cap off the Iowa State Park walks. Starting at exit 70 on I-80 on Friday afternoon, we will walk in Lake Anita State Park, one of three of the walk 20 state park walks. This nice relaxing stroll around the lake will get you ready to start a full weekend of activities.

After the walk, we will head west on I-80 to Exit 46 where we will meet at Emma Jean's restaurant for supper and time to get to know one another. You have a choice of ordering off the menu or checking out their great buffet. There are special room rates at the Super 8 at this exit, camp at Prairie Rose State Park or travel to Council Bluffs with the plans to return in the morning for our next adventure.


In the morning, we will again meet off of Exit 46 at Prairie Rose State Park for another nice walk around a lake. The boardwalk is a highpoint of this walk. And there will be donuts! After the walk, head west to Council Bluffs. For lunch check out Fat "N" Black food truck at our start point at Lake Manawa State Park. They have a great variety of foods to pick from and will be there just for our event. A nice advantage to doing the Lake Manawa walk on Saturday is that you will not have to pay the fee normally

charged to out of state park users. This is a nice flat walk through the park and past the famous Dream Playground completed in 2019.

After the walk, we will go just a little further west to Dodge Riverside Golf Club where we will enjoy a gourmet sit down meal with some fun entertainment. You can pick from chicken cordon bleu, salmon, steak and more. During a delicious dessert (calorie free as the cost is included in the meal) you will be entertained by OOPS, story tellers extraordinaire.

The weekend isn't over yet. In the morning head north a few miles and revisit Hitchcock Nature Center for another chance to walk the infamous muddy hills from the 2011 convention. October is known to be a pretty dry month, but, in the case of an unexpected rain shower, we will have an alternate trail set up along the road. Bring your walking sticks and hiking boots for this one. It is a challenging walk in the Loess Hills with fantastic views of the Missouri River Valley.

And don't forget you get a special souvenir free just for signing up. Check out SuzyBelle on the microwave bowl holder.

For more info, go to netrailblazers.club or email netrailblazers@gmail.com. 

North Central Region continued on page 24

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.

Tips for TAW!

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

~~www.walkgdmva~~

YES!
sites.google.com/site/walkgdmva

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

North Central Region *continued from page 23*

Twin Cities Volkssports adjust to COVID-19 challenge

Our club has been enjoying near-normal activity. Spring brings a desire to get outside and most of our YRE and Seasonal events have accessible start points. Six of our YRE/Seasonals are postponed. A dozen are still available including six OSB events each with at least a 10k and 5k option.

Last year we made an effort to get walkers enrolled and comfortable with the OSB by offering in-person computer and smart phone assistance and holding group OSB walks. We have members with no computer or smartphone but we assisted them in the Athletic Waiver process and now they know that we can take care of registrations and completions on their behalf. We've messaged members to contact the POC for a walk with a closed start point. The POC will email a map and start card to do a distance registration and get an IOU for the stamp. We're using the same process for an upcoming Traditional event. The POC will be at the start location



Twin Cities Volkssports has been trying to make the best of the COVID-19 situation. Member Cammy Johnson has creatively converted leftover souvenir bandanas from the 2018 North Central Regional Roundup into Volkssport themed facemasks.

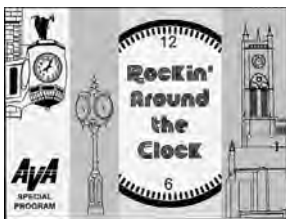
for guidance but otherwise removed from direct contact with walkers. The stamp will stand alone with tissues, disinfectant and gloves as needed to safely complete the walk. The start card and money can be mailed or left at the start point if walkers have correct change.

Participation is also buoyed up by the members engaged in the Appalachian Trail and Centurion programs. This year's new walks have also inspired interest in new areas to pursue next year. Trails intersect trails and events beget events. Traveling to a walk gives one an opportunity to discover new places along the way. One of our new OSBs was suggested following our annual meeting walk by participants impressed with the venue. Three new walks have already been proposed for 2021. We've added five events this year since the calendar was set last fall and we've spread AVAs word of encouragement to add neighborhood walks during the shutdown. 🍄

Editor's Note: See page 40 for step-by-step directions to participating in an OSB event.

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.



The times they are a changin' — Bob Dylan, 1964

By Deb Gaskins

For nearly a year now Greater Des Moines Volkssport Assn, aka Iowa's Walking Club, and the Nebraska Trailblazers, in partnership with the Iowa DNR, have been actively promoting the walk20in20 program to celebrate the Iowa State Parks Centennial. Who knew a year ago that we would be sheltering in place this spring?

We are, of course, disappointed that we had to postpone our May kickoff weekend and our club's 35th anniversary, but are hopeful that we will still be able to have the program this summer and into the fall. As of the writing of this article, the Iowa State Parks and trails are still open, however all visitor centers, restroom facilities, campsites and shelters remain closed until at least May 14. All restaurants (except for carryout and delivery) and most attractions in the state are currently shuttered.

I would like to highlight three more of our state parks to peak your interest when restrictions in Iowa start to loosen up. Big Creek Lake State Park (Polk County) is located just north of Des Moines near Polk City. The 866-acre lake is the focal point of the park. The trail is part of a 26 mile trail that extends to Des Moines and is a nice easy walk as it hugs the lake. A large wooden play structure is located at the beach area and concessions, canoe and paddleboat rentals are available there during the summer months.

Geode State Park (Henry County) is near Danville in southeast Iowa. The geode is Iowa's state rock. Geodes are dull and ordinary on the outside and have beautiful and mysterious crystal formations in various colors in their hollow cavities when cut or broken open. There is a geode display located in the visitor center. As with many Iowa State Parks, Geode has many stone structures built by the CCC. There are many trails available in Geode and one which encircles the 187-acre lake built in 1950. Picnicking and fishing are popular here.

Mines of Spain State Park (Dubuque County) is located near Dubuque. The park has 15 miles of trails of varying lengths and degrees of difficulty. A little reminder that Iowa is not always as flat as you think it is. The Betty



Hauptli Bird and Butterfly Center and EB Lyons Nature Center are located here. This area is also an archaeological site of national importance as an early lead mining and smelting venture led by explorer Julien Dubuque in partnership with the Meskwaki Indians who lived here. Julien Dubuque was believed to be the first European to settle in what would become the state of Iowa. The area is a National Historic Landmark and the city of Dubuque built a stone tower on a bluff overlooking the Mississippi River where Julien Dubuque is buried. The sandstone cliffs and bluffs provide some spectacular views.

We sincerely hope everyone is safe and well as we all adjust to this new normal. The good news is that I think people are out walking more than ever because it is an activity they are still able to do without too much restriction. I would like to leave you with the following thought.

Don't walk in front of me, I may not follow. Don't walk behind me, I may not lead. Just walk (at least six feet) beside me and be my friend.

- Albert Camus

Visit the following for more information about the parks program or start point changes for some of our many walks: iowaswalkingclub.org; Netrailblazer.club, iowadnr.gov; or email walk20in20@gmail.com. 🍄

North Central Region continued on page 25

AVA National Program — Walking the USA A-Z

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



North Central Region *continued from page 24*

Verna Herker, fellow walker and friend

By Rita Holland

We are sorry to pass along the sad news that Verna Lohse Herker unexpectedly passed away peacefully in her sleep on December 27, 2019.

Verna was born in Watertown, South Dakota on January 2, 1961. She was raised in Willow Lake, South Dakota, and graduated from Willow Lake High School in 1979. She married and had two children, Anna and Lucas. She divorced and attended and graduated from MSU-Moorhead in 1993 with a bachelor's degree in Criminal Justice. She worked at Cass County Electric from April 1994 until her passing.



Verna Herker (r) enjoying a laugh at the Maplewood State Park (Minnesota) event last year, sponsored by NorthStar Trail Travelers. Verna was an avid Volkssporter and attended events throughout the region and beyond.

She was enthusiastically involved with various nonprofit organizations and charities, and was proud to be a part of the Fargo Red River Volkssport Assn. She traveled extensively in order to do 10k walks around the country and internationally. Verna was also very active with the local chapter of Soroptimist Women's Organization, which works tirelessly to improve the lives of women. She loved working with her hands completing house projects, creating beautiful quilts and sewing projects and she reveled in caring for her gardens.

She was a giving, caring, cheerful soul and will be missed greatly by those who knew her. 🌿

NorthStar Trail Travelers July events in limbo

The Volksmarch community, like all others, is being challenged right now with a lock down on all public events in order to curb the spread of the coronavirus. The American Volkssport Association (AVA), our parent organization, is working mostly from home. The board of directors has asked clubs to postpone any immediate Traditional events in order to maintain a social distancing practice.

For NSTT, it's even tougher because our venues are the state parks, which are also "staying in place." Buildings and campgrounds are closed, even though the parks are open for day use only. And social distancing is the rule ... period.

But we will have to wait to see how our July 21-22 events fare in these uncertain times. We are scheduled to walk at Forestville State Park on Saturday, July 21. Registration is at the picnic shelter from 9 a.m.-2 p.m., finish by 4 p.m. The event is sanctioned for 12k made up of a 5k and 7k loop. The trails are a mixture of hard packed crushed rock through hardwood forests and some small prairies. There are steep hills on both trails and some trails will have horseback riders. Walk in the morning and after a picnic lunch, drive over to the Forestville Mystery Cave and take a cave tour. Then come back in late afternoon for our famous Hobo Soup Supper back at the picnic shelter.

On Sunday we go over to Lake Louise State Park, about 18 miles down the road, to walk there. Registration there is also at their picnic shelter from 8 a.m.-1 p.m., finish by 3 p.m. The event is sanctioned for 10k, made up of two 5k loops walking through forest and prairie and very flat. You may also encounter some horses on these trails.

Our popular leather pin awards will be available at both events. Forestville features a Cerulean Warbler, a species of concern in Minnesota. Lake Louise features the Bergamot wildflower that should be in full bloom when we walk there.



Watch our Facebook page, website and email alerts for information on upcoming events this year. Hopefully we'll be able to actually do most of them! In the meantime, walk your neighborhood, or a local park, or a state park if you're close to one. We shall return! 🌿

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Mid-America Regional Conference postponed until June 2022

Due to the current COVID-19 situation, the MAC2020 Committee has decided to cancel this year's Mid-America Conference that was to be held June 19-21. Everyone who had pre-registered for the event should have received their refund in the mail by the time this TAW has been published.

Room reservations made at Marriott at the University of Dayton should also have been automatically canceled when our event was canceled by the Marriott and an email received.

The MAC2020 Committee has already committed to the Mid-America Regional Director to host the MAC2022 and continue with our theme of Walking Wright. We had a terrific event planned for everyone and will share it in 2022. As soon as we secure a date, we will inform everyone so they can mark their calendars.

We appreciate everyone's support and understanding during these trying times. If you have any questions regarding the event, please direct them to Dawn Gruber 937-409-6975, ohiomac2020@aol.com or Facebook at OHIO MAC 2020. 📞

When Saturdays aren't Saturdays anymore

By Lois La Fleur

For many of us, we've spent years knowing exactly what we would do on a Saturday. Okay, maybe a couple Saturdays a year we didn't walk due to heat index over 100 degrees or an ice storm but those were rare. We would track the weather during the week, especially if that Saturday was hosting a Traditional Event. The weather would tell us if we would use chalk to mark the trail on a Friday or would we have to pull out more ribbons and arrows for the walk. We decided what walk clothes to wear on Saturday and if we were wearing sneakers or hiking boots. There was the who was driving with who and if we were carpooling. If you were the point of contact for the Traditional Walk you were going over the last minute details and making sure your car was packed with all the supplies. And then things changed ...

There was no Saturday walk, no meeting up with our walking friends, no decisions on who was driving with who and most importantly where were we eating after the walk. I think many of us noticed immediately how much this affected us. We've spent years spending our Saturday mornings with our friends catching up on everything that happened during the week. If we had a Traditional Walk, we'd spend all day together volunteering, walking and taking down the trail. Now Saturdays just aren't the Saturdays we used to know.

Within a week we filled the void with emails, phone calls and messaging. But it was using Zoom that really filled the void. We missed seeing each other on Saturdays so for the past four weeks each Saturday at noon, our usual lunch time, we meet on Zoom for 40 minutes of catching up and discussing any information from AVA, our regional director and club issues. We are having our next club meeting using Zoom and opening it up to all club members. We still do our weekly Miler Messenger posting any updates on the status of availability of walks. It isn't the same and won't be for quite awhile but we are doing our best to reach and ensure that our club members know we are thinking of them and looking forward to walking the trails again.

With the stay-at-home order by our Illinois Governor extended through May 30, we are concentrating on walks for the fall. We have two Traditional walks planned in the fall. We'll do a new walk September 26, at St. Peters Parks and Neighborhoods, St. Peters Missouri, followed by a BBQ lunch. The second walk is the October 10 Fall Foliage Walk, Godfrey, Illinois, with a chili cook off. The Fall Foliage Walk is celebrating our club's 5th anniversary.

For more info contact Lois La Fleur at Fleurs1106@gmail.com. 📞

Walking the Upper Peninsula of Michigan

Michigan has a "gem" and it is called the UP (Upper Peninsula.) It can be wicked and wild in the winter, but in the spring and summer it is nature's playground. Washtenaw Wanderers offers four Seasonal walks in the "Up North" — one is Mackinaw City (not in the UP, but a bridge length away) which takes you through the quaint city with a variety of small novelty

and famous Soo Locks. One can spend hours watching the ships come in and leave Lake Superior. The walk takes you by shops and restaurants, museums, the Tower of History and Lake Superior State University.

If you should choose not to go north from Mac City you could head west after going over the Mac Bridge to



stores and great restaurants, you will get a chance to walk on a portion of the North Country Trail. You will get a view of the Mackinac ferries, the historic Mackinac lighthouse and fort. And lastly a bird's eye view of the Mighty Mac Bridge. Be sure and stop into the fudge shop for a sample.

If you are so inclined while visiting Mackinaw City you might want to hop on the ferry and go over to another of the Wanderers' walks, the Mackinac Island walk. The island walk takes you around the entire island passing the famous Grand Hotel and Mackinac State Historic Park. Beautiful views of Lake Huron, the Mac Bridge, and no cars to dodge as the only transportation is by buggy, bike or on foot.

From Mackinaw City you can travel one hour north to Sault Ste Marie, often referred to as The Soo. Sault Ste Marie is located in the United States and its sister city is in Canada. The Wanderers walk takes place on the American side. The walk starts at the Michigan visitor center and heads into town taking you to the interesting

Marquette. Marquette is a new addition this year for the Washtenaw Wanderers. Marquette has been home to an AVA walk for years, but closed when the Wisconsin club folded. The Wanderers could not let this beautiful area go forward without a walk. The 6k takes you into town, along the shoreline of Lake Superior and past a lighthouse, historic homes and historic downtown Marquette, all the while getting views of Lake Superior. The 10k heads out of town taking you along the shoreline to one of the most picturesque places in the USA — Presque Island Park. The walk through the park gives you views of the rugged shoreline of Lake Superior, cliff view and crashing waves.

So if you get a chance come check out Michigan's "gems" — you won't be disappointed. Please check before heading to any of the above walks during the coronavirus outbreak due to closures and changes to routes.

For more info contact Rob or Roxie Weaver, gone2run@gmail.com or 616-745-9624. 📞

Mid-America Region continued on page 27

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.*



Mid-America Region *continued from page 26*

Fortieth Anniversary thank you

Valley Vagabonds will be celebrating its 40th anniversary on June 13 provided virus restrictions are lifted. At this time, our club would like to thank those who made this accomplishment possible. First to all the walkers in the United States and abroad who have participated in our walking events. A special thanks to Tater Tours who brought bus loads to do the Berea, Downtown, Conneaut and Cleveland Cultural walks. Over the 40 years, there have been thousands who contributed to making Vagabonds viable. Without their support at the events, there would not be an anniversary. Thanks!

To the long term club members, I want to thank our charter members Karen Birt and Beth Filina. Both have not only been offi-

cers but have continued to work the events over the last 40 years. To Wilma Fuelling who supports our club through her dues since 1994 even though living in Indiana. To our past officers whose work during their terms kept the club going — Jan Weeks, Kim Paras, Eloise Plavney, Betty Schmiermund and Richard Kolofer. Our long term present officers Richard Gundelach, vice president, Carolyn Yarnell, secretary/trailmaster, and Donna Baker, treasurer, have stayed the course these last 10 plus years insuring that the club had successful events and continued while other clubs folded. To our long term webmaster, Jason Jodon, despite moving to Pittsburgh has continued his staunch support to insure the website is in excellent condition. To our Year Round box coordinators who insure that when you walk our Seasonal or Year Round all information is there: Vicky Heineck, Jan Henderson, Eric Halverson, Katherine Ganz, Carol Gundelach, Carolyn Yarnell, and joining this team, Luanne Johnson and Nancy Burkholder. Special thanks to our previous coordinators Claire Petrich, Betty Schmiermund, Jan Varnon,

Sandi Stowers, Nancy Dial and Colleen Theusch, who was also our number one walker for many years before passing. To all our event helpers who worked either start or checkpoint not previously mentioned which include Bea Schaefer, Cynthia Lee, Gene DeZort, John and Christine Wheeler, Elaine and Joe Federico, Kathy Halverson, Derrick Weeks, Bob Schmiermund and Tom Dial. To Ed Pfadt a special thanks for his continued recruiting efforts over the years to bring members to our club. To the members who have come long distances to make our events over the years — Marilyn Harness, Scott Price, Ed Pfadt, Bea Schaefer and Cynthia Lee. A special thank you for his continued support and our oldest member who is 91, Gil Melda and his companion Elaine Fedor, who insured that Gil made the events.

It goes without saying there are members who support the club and walk the events which continue to make the club viable — Nancy and Henry Mast, Andrea and George Aussant, John and Joann Moritz, Lois Hite, Edwin and Gisela Moore, Tom Wisnieski, Marilyn Toth-Nasal and Marguerite Walczak.

Without the businesses support our club would not have the Seasonals and Year Rounds for walkers to enjoy. A big thank you goes to CVS Pharmacy in Berea, Markko Vineyards and Arnie Esterer in Conneaut, Renaissance Hotel in Cleveland, Dave's Cosmic Subs in Cleveland Heights, Little City Grill in Kent, Lakewood Main Public Library, Einstein Brothers in Chagrin Falls, and Oberlin Hotel Inn, plus added this year, Rite Aide pharmacy in Orrville, Mansfield Public Library and Wooster public library.

For a club to be successful and reach this type anniversary it takes a village and our community has a village of dedicated walkers and businesses. Thank you! 🍷



Northeast

Chris Mellen, Director
ne_rd@ava.org



Town, country and trail walks in northern New England

By Carolyn Adams and Cindy Gray

This year, as we navigate through the pandemic, we may have different walking goals. This may not be the year to go urban, but some quieter more rural walks may be on your agenda. Twin State Volkssport Association of Vermont and New Hampshire (TSVA) has some suggestions.

TSVA hosts four Appalachian Trail (AT) walks in northern New England. Hanover, New Hampshire, has an optional wooded section along the trail. Norwich, Vermont, directly across the river from Hanover, is a quiet town and there is a short section in the woods. Killington, Vermont, offers a waterfall, mountain pond and old growth forest using a section of the AT and looping back on quiet country roads. You can make it a camping experience too, as our walk goes through Gifford Woods State Park. Maine has an enticing walk with streams and ponds in remote Baxter State Park, as well as an event where you can design your own walk on any section of the AT within the state. If social distancing and AT hiking is your goal, consider these four choices.

Our trailmaster has created a new walk for Concord, New Hampshire. While it retains the capitol area, this summer you will have the option to be away from the city walking along

the Merrimack River through Sewalls Falls Park. Our Keene walk has a choice of one loop in town and another away from town. Also in New Hampshire, Franconia Notch State Park offers a nature walk along a mountain flume, or a self-directed hike along the Pemigewassit trail. In Vermont, Woodstock offers walking on its extensive system of mountain carriage roads, created when Rockefeller owned the land. This walk takes place in the only national park in Vermont. TSVA also hosts a walk at Chimney Point crossing the Champlain Bridge into New York, where you walk through the woods and fields to view what remains of the French, British and American forts at Crown Point.

Most of our walks are now available via the Online Start Box, so you can go straight to the trail. COVID-19 notes: before doing any of these walks, check with local authorities for closures, especially if you are hoping to walk in a state or national park. For the AT, check appalachiantrail.org/home/explore-the-trail/trail-updates#CT.

When we can travel again, we invite you to visit our walks in northern New England. It might be the year for you to visit the smaller towns, quiet trails, parks and more remote areas our club serves with walks. 🍷

June and July in Massachusetts

By Verna Devine

Walk'nMass will be walking in the town of Blackstone, Massachusetts, on June 29. Although the town is in Massachusetts, it is part of the Providence Metro Area of the John H. Chaffee Blackstone River Valley National Heritage Corridor of Massachusetts.

The Blackstone Gorge was carved by glaciers approximately 15,000 years ago giving us views of waterfalls and an overlook. The Blackstone Greenway loop crosses over the river several times.

On July 27 we will be revisiting Woodsville, a village in Hopington, Massachusetts. Once known for its factories, it is now a village of suburban homes with a historic center. Part of the walk is along Lake Whitehall. The starting point is the Woodsville Rod and Gun Clubhouse. The clubhouse in itself is interesting with its displays of hunting paraphernalia. After the walk we will have our annual picnic with delicious food prepared by our members.

For more info on Blackstone, contact Dawn at dawnvt@yahoo.com, and for Woodsville, contact Bev at wkearnso@gmail.com or walknmass.org.

Walk'nMass has 19 walk and bike Seasonal and Year Round events in Massachusetts and three in Rhode Island. However, please call the POC to see if the event is actually open. 🍷

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.



Northeast Region *continued from page 27*

Scotia Northside – A new walk is born

By Chris Yost

Many of us have had to alter our walking routines in conjunction with COVID-19 stay-at-home orders.

Group walks have come to a screeching halt and the ever popular Empire State Capital Volkssporters Wednesday Walk Program will not be starting May 6 as planned due to the “New York Pause” until COVID-19 restrictions are relaxed.

sidewalks. Scotia is a charming little village which includes some favorite local restaurants (Dairy Circus, Hometown Pub & Grub, Jumpin’ Jacks and Scotia Dinner to name a few), the best value in the area to see a movie (Scotia Cinema), and a lovely park and waterfront venue (Freedom Park), which provides locals with free entertainment during the summer months.



Scotia Pop Up Walkers. Photo by Louise Remillard.

So, what do you do? Walk in your neighborhood, walk in the woods, walk in local parks ... just keep walking ... socially distant. One of the ESCV Club members, Louise Remillard, wanted to do more. She asked “Why not convert my favorite neighborhood walk to a sanctioned Seasonal Walk?” Never having written walk instructions from scratch didn’t stop Louise. Using the trail-master guide as sent by our club trail master, Linda Morzillo, Louise wrote up instructions for a 5k and 10k walk called Scotia Northside Walk and created the necessary maps.

This walk zig zags through the village of Scotia on neighborhood streets and

Our membership was informed of this new walking opportunity in a recent “Hot Mail” weekly communication. Until our normal club walk routines resume, members can do the Scotia Northside Walk. To sign up, members need to send a completed AVA Official Start Card (provided in a “Hotmail” club communication and available on our club website), a signed waiver and the walk fee to Louise. The walk directions and map will then be sent either via email or snail mail (your choice), and a piece of paper with the number of stamps needed for each of the books you are doing will be sent out to you. Voila ... a new walk is born. 🍁

Empire State Capital Volkswalkers Pop Up Walks

By Teresa Kennedy, Louise Remillard and Chris Yost

Pop Up Walks is a new initiative to keep us moving through winter.

The idea of a Pop Up walk is a walk which occurs without much advance notice. In other words the walk “Pops Up” on our schedule. These walks were created early in 2020 after some new members expressed an interest in doing more walks on a regular basis since temperatures in January in the Northeast had been mild and the sidewalks free of snow. Because our club was used to a regular walk on a Wednesday from our May-August Wednesday Walk Program, this seemed like a good idea to extend the Wednesday walk Program to other months of the year.



Albany Pop Up Walkers. Photo by Chris Yost.

The walks chosen for the Pop Ups were from our Year Round Walks which meant members would have many more opportunities to complete the new ESCV Club Incentive Challenge Program “20 Walks in 2020.” A site for lunch following the Pop Up Walk was decided in advance and a count taken before the walk started. The reservation was called in to the selected restaurant out of consideration for their staff.



Saratoga Pop Up Walkers. Photo by Kathy Mack.

Our club converted three Seasonal walks (Clifton Park, Crossings and Scotia), to Year Round walks so we would have the opportunity to use those walks as Pop Ups. More variety is now available in addition to our seven current Year Round walks (Albany, Albany Crossgates, Albany Pine Bush, Saratoga Springs City, Saratoga Spa Park, Schenectady and Troy).

Until COVID-19 struck, an average of 20-25 walkers were participating in the Pop Ups. Walkers were enjoying the additional walking opportunities and also welcomed the chance to meet, socialize and eat lunch with their friends. After the social distancing limitations of COVID-19 are relaxed and we are able to walk in a group again, we will revisit Pop Up Walks and hope to see our members again on the Pop Up trails! 🍁



Saratoga Spa Park. Photo by Chris Yost.

June 2020



AVA: America's Walking Club!

More Texas Trail Roundup IML photos



Military members of the IML and the IVV stand in line to get credit for completing the walk.



Henry Rosales (left, standing) with German and Belgium military members of the IML and IVV on the stage at the finish.



Martin Callahan (l) and Henry Rosales, AVA ED pose at the finish.



The flag bearers carrying the colors of the International Marching League and the IVV and its member nations begin their march.



The flag bearers carrying the colors of the IML, IVV and member nations returns after marching around the block.



Re-enactors portraying the arrival of the Mexican Army at the Alamo which was titled "La Gran Marcha del Ejercito Mexico" (the Great March of the Mexican Army).



Sarah Garcia (l) and Lorena Gambert pose in front of Mission Concepción.

Photos by Martin Callahan.



IML Walkers lining up to get their books stamped after completing the walk.

Member Clubs, Events and IVV

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mossbackclub@gmail.com

Oregon Trail State Volkssport Assn.

1350 NE Greenway Drive
Gresham, OR 97030
Louise Dix 541-951-0667
louisedix@yahoo.com

Rogue Valley Walkers

35 Footh Creek Road
Gold Hill, OR 97525
Jerri Wildfong 541-582-2607
jwildfong@mac.com

Rose City Roamers

2216 NE 110th St. Vancouver, WA 98686
Dick Baker 360-573-6048
dickbkr@q.com

Silverton WalkABOUTS

4929 Dumbek Ave NW
Albany, OR 97321
Jan Epperson 209-815-0607
jeao@aol.com

Turnaround Trekkers

288 Franklin Ave Astoria, OR 97103
Arline LaMear 503-338-6883
cliffandarline@msn.com

Valley Volkswalkers

PO Box 22191 Milwaukie, OR 97269
Karen Highfield 503-573-7399
Karen_Highfield@hotmail.com

Willamette Wanderers

PO Box 13982 Salem, OR 97309-1982
Jim Westcott 503-581-8444
barneve@aol.com

Yachats Coastal Gems Volkssport Club

1705 Northwest Jones Court
Waldport, OR 97394
Sally Ross 541-726-3949
yachatscoastalgems@gmail.com

PENNSYLVANIA

Chester County Red Rovers

230 Second Ave Phoenixville, PA 19460
Jeanne Clancy 610-415-9248
clancygirl1@verizon.net

Cumberland Valley Lead Foot Club

1287 Shippensburg Rd
Biglerville, PA 17307
Lorraine Jackson 717-677-6511
lcweaverus@yahoo.com

Keystone State Volkssport Assn.

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

Liberty Bell Wanderers

694 Cotlar Lane Warminster, PA 18974
David Doerffel 267-566-0432
dtdoerffel@gmail.com

Mon Valley Trailblazers

533 Delaware St Monessen, PA 15062
Lori Lamberski 724-858-5965
monvalleytrailblazers@gmail.com

Penn-Dutch Pacers Volksmarch Club

PO Box 7445 Lancaster, PA 17604
Virginia Hunsberger 717-371-8893
v_hunsberger@yahoo.com

Susquehanna Rovers Volksmarch Club

797A Academy Heights Avenue
Ephrata, PA 17522
William Rhoat 717-847-3567
rhtpr@aol.com

York White Rose Wanderers

6541 Old Carlisle Road
Dover, PA 17315
Pamela Copenhagen 717-817-9724
indigo1704@aol.com

SOUTH CAROLINA

The Upstate Pathfinders

525 Crane Avenue
Greenville, SC 29617
Robert McDaniel 864-505-5051
mcdanielr99@yahoo.com

SOUTH DAKOTA

Black Hills Volkssport Assn.

PO Box 2046 Rapid City, SD 57709
Allan Ward 307-283-3733
arward44@gmail.com

Prairie Wanderers Volkssport Club

2909 East Fieldstone Place
Sioux Falls, SD 57108
Gary Lofswold 757-508-2537
gel_601@hotmail.com

TENNESSEE

East Tennessee Wanderers

1211 Broaderick Blvd.
Maryville, TN 37801
Dan Lewis 865-441-2429
csc1509@yahoo.com

Tuck-A-See Wanderers

1028 Caldwell Lane
Nashville, TN 37204
Deborah Fleming 615-269-6225
tuckaseeva020@aol.com

TEXAS

AVA - Foreign Region

1001 Pat Booker Rd. Ste. 101
Universal City, TX 78148

AVA Headquarters

1001 Pat Booker Rd. Ste. 101
Universal City, TX 78148-4147
Henry Rosales 210-659-2112

City of McAllen Parks and Rec. Dept.

12527 Fern Creek San Antonio, TX 78253
Daniel Navarro 956-681-3303
DNavarro@mcallen.net

Colorado River Walkers

PO Box 13051 Austin, TX 78711-3051
carol obianwu 512-771-9566
cobianwu@utexas.edu

Dallas Trekkers, Inc.

PO Box 851445 Mesquite, TX 75185
Deborah Carter 214-549-0851
debwalk@earthlink.net

East Texas Trekkers, Inc.

2334 Saharah Dr Garland, TX 75044
Helen Hull 972-530-1026
helenthehun@yahoo.com

Hill Country Volkssportverein

PO Box 822 Comfort, TX 78013-0822
John Bohnert 830-995-2421
tinabohnert@gmail.com

Hood County Hummers

3113 San Gabriel Court
Granbury, TX 76048
Bruce Bartlett 972-567-3278
bbartl32@gmail.com

Houston Happy Hikers

PO Box 101
Orchard, TX 77464
Catherine Kellner 979-478-6203
hhhpresident@houstonhappyhikers.com

Kerrville Trailblazers

PO Box 291136 Kerrville, TX 78029
Jim McMahan 830-377-9448
kvltrailblazerpres@gmail.com

LoneStar Walkers

27727 Ramblewood
San Antonio, TX 78261-2013
Heinz Johnson 830-980-5723
lonestarwalkers@gvtc.com

Midland Walkabout

2003 Geraldine St. Midland, TX 79707
Diana Smart 713-492-4541
smartdd56@gmail.com

NB-Marsch-und Wandergruppe

217 E. Tanglewood
New Braunfels, TX 78130
Jan Engel 830-660-4935
jsengel@earthlink.net

Plano Walking Club

4221 Whistler Dr Plano, TX 75093
Maggie Cole 469-233-0161
maggiec01@verizon.net

Randolph Roadrunners

PO Box 2744 Universal City, TX 78148
Ellen Ott 210-723-8574
ellenott@sbcglobal.net

Rockport City Trailways

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Brittany Elkins 361-727-2158
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San Angelo Volkswalkers

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San Angelo, TX 76904
Charles Winkelspecht 325-944-9619
cfwsnw@suddenlink.net

San Marcos River Walkers

100 East Laurel Lane
San Marcos, TX 78666
Barbara Piersol 512-396-4463
bpiersol@grandecom.net

Selma Pathfinders

12235 White Ash Street
San Antonio, TX 78245
Mike Schwencke 210-382-0367
mike.schwencke@outlook.com

Star Trekkers of Irving

805 Glenn Drive Euless, TX 76039
Gary Silkworth 817-571-9786
gsilkworth@msn.com

Tarrant County Walkers

917 Forest Oaks Lane Hurst, TX 76053
Brooke Hudson 817-944-5191
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Texas County Walkers, Inc.

3321 Dartmoor Dr. Dallas, TX 75229
David Sheppard 972-285-8102
dahv@earthlink.net

Texas Trail Roundup

12527 Fern Creek
San Antonio, TX 78253
Susan Medlin 210-849-9498
president@texastrailroundup.org

Texas Volkssport Assn.

12527 Fern Creek
San Antonio, TX 78253
Susan Medlin 210-325-3523
sueammed@aol.com

Texas Wanderers

102 Wildridge Trail
Universal City, TX 78148
Gerald Kamicka 210-658-2160
GeraldK726@aol.com

Volkssportverein Friedrichsburg

320 Morning Glory Drive
Fredericksburg, TX 78624
David Roberts 830-992-7584
dlroberts34@hotmail.com

West Texas Trail Walkers

8819 London Heights
San Antonio, TX 78254
Susan Noonan 210-286-8897
susan.noonan@gmail.com

UTAH

Gadabout

3897 North 1050 West Ogden, UT 84414
Myra Tams 801-390-3322
myratams@gmail.com

Golden Spike Striders

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

Midway Walking Sticks

885 S White Water Way
Midway, UT 84049-6511
Philip Perkins 540-333-0417
zskiracer@gmail.com

VERMONT

Twin State Volkssport Assn.

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

VIRGINIA

Cavalier Volkssporting Club

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

Ft Belvoir - DFMWR

5960 12th Street Bldg # 1023
Body Shop Fort Belvoir, VA 22060
Hwan Yu 703-806-3100
hwan.s.yu1_naf@mail.mil

Clubs continued on page 33

Clubs *continued from page 32*

Gator Volksmarsch Club

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

Germanna Volkssport Association

PO Box 7674 Fredericksburg, VA 22404
Sharon Vines 540-809-6227
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Lee Lepus Volksverband

PO Box 2031 Petersburg, VA 23803
Dee Schrum 804-731-2863
dschrum4@comcast.net

Northern Virginia Volksmarchers

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

Peninsula Pathfinders of Virginia

302 Queens Crescent
Williamsburg, VA 23185
Sandy Croushore 757-476-5789
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U.S. Freedom Walk Festival Club

PO Box 17208 Arlington, VA 22216
Dolores Grenier 703-582-9066
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Annette Tollett 757-814-1417
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Virginia Volkssport Assn.

12311 Ridgefield Parkway
Henrico, VA 23233
Chris Kelly 804-909-9916
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Wood and Dale Wanderers

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

WASHINGTON

All Weather Walkers

PO Box 241 Vancouver, WA 98666
Janet Traweek 360-833-2429
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Border Crossers

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

Capitol Volkssport Club

4627 Timothy St SE
Lacey, WA 98503
Holly Spaulding 253-770-0691
holly.spaulding88@gmail.com

Central Washington Sun Striders

PO Box 10523 Yakima, WA 98909
Russ Kruse 509-966-4547
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Daffodil Valley Volkssport Association

11808 130th Ave. Ct. E.
Puyallup, WA 98374
Jimmy Slakey 253-848-5717
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Emerald City Wanderers

PO Box 16221 Seattle, WA 98116
Tony Holt 425-221-0105
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Evergreen State Volkssport Assn.

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Evergreen Wanderers

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

Four-Plus Foolhardy Folks

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

FS Family Wanderers

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

Interlaken Trailblazers Volkssport Club

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

International Wanderers

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

Lilac City Volkssport Assn.

12508 N. Denver Dr.
Spokane, WA 99218
Allan Heritage 509-465-2690
agheritage@hotmail.com

NW Tulip Trekkers

PO Box 1603 Mount Vernon, WA 98273
Tom Wallace 360-491-5560
wallnett@aol.com

Olympic Peninsula Explorers

PO Box 1706 Sequim, WA 98382
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ope-webmaster@smartsandcomputer.com

Over-The-Hill-Gang Volkssport Club

32506 Meridian Ea
Graham, WA 98338-9755
Diane Wagner 253-875-3064
dianeswagner@comcast.net

Sea-Tac Volkssports Club

PO Box 25101 Federal Way, WA 98093
Frances Carson 206-788-7969
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Sound Steppers Volkssport Club

PO Box 3405 Lynnwood, WA 98046
Sherry Ogur 425-931-5474
Sgogur@gmail.com

The Pathfinder Volkssport Club of the NW

6623 Riviera Ct SE Lacey, WA 98513
Chase Davis 360-584-6446
NWPathfinder@comcast.net

Third Planet Volkstours

35806 1st Ave. S
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Dorman Batson 253-517-9634
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Vancouver USA Volkssporters

PO Box 2121 Vancouver, WA 98668
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Volkssport USA

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Curtis Myron 360-679-3638
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WISCONSIN

Madison Area Volkssport Assn.

4306 Fox Bluff Court
Middleton, WI 53562
Don Suloff 608-821-0263
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WYOMING

Buffalo Pathfinders

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

AVA SANCTIONED EVENTS CALENDAR

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

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

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

A box around a listing indicates a multiple event weekend.

ARIZONA

10/6/20 GW Page Sierra Suits 360-260-9393
International Wanderers sierra@walkingadventures.com

ARKANSAS

7/18/20 W Harrison Pat Golden 479-381-9366
Ozark Hill Hikers johngolden@cox.net

10/23/20 W Bentonville Pat Golden 479-855-1230
10/24/20 W Ozark Hill Hikers pa4golden@gmail.com
10/25/20 W

CALIFORNIA

6/6/20 W San Jose Holly Pelking 408-859-7978
South Bay Striders ilex56@yahoo.com

6/20/20 W Nevada City Bill Combs 530-613-1112
Placer Pacers bcombs@wavecable.com

6/27/20 W S Lake Tahoe Betsy McDevitt 530-412-4453
Tahoe Trail Trekkers betsywalks@gmail.com

COLORADO

6/27/20 W Loghill Frank Sayers 719-640-6744
Woodland Wanderers walking@woodlandwanderers.org

7/25/20 W Fountain Frank Sayers 719-640-6744
Woodland Wanderers walking@woodlandwanderers.org

8/15/20 W Colorado Springs Kevin Ross 719-651-7798
Falcon Wanderers Krosswords@aol.com

DELAWARE

10/24-25/20 B Rehoboth Beach Karen Kaufman 302-233-6615
First State Webfooters karen@dekrittersitter.com

10/24-25/20 W Rehoboth Beach Tom Sunde 302-233-6615
First State Webfooters tcsunde@verizon.net

FLORIDA

11/6-8/20 S Daytona Beach John McClellan 781-686-0660
11/7/20 W New Smyrna Beach Happy Wanderers

11/7/20 W Ormond Beach johnmc82@cfl.rr.com
11/8/20 W Daytona Beach

GEORGIA

9/4-7/20 W Tallulah Falls Judy Michele 828-628-4343
Asheville Amblers jumianc@aol.com

ILLINOIS

9/12/20 W Genoa Carolyn Tobinon 815-761-4660
Kishwaukee Valley Wanderers kvwanderers@gmail.com

10/10/20 W Godfrey Lois LaFleur 618-660-6396
Gateway Milers NFP fleurs1106@gmail.com

10/17/20 W Collinsville Trudy Duffman 618-670-6920
Illinois Trekkers Volkssport Club trudyduffman@yahoo.com

Event continued on page 34

Events *continued from page 33*

INDIANA

6/6/20	TGW	Waveland Indiana Volkssport Assn.	Cliff Terry clifferry@sbcglobal.net	317-776-1848
6/27/20	W	Nashville Bloomington Flying Fish Volkssportsbtownflyingfish@gmail.com	Linda Woods linda.woods@gmail.com	812-325-8264
7/11/20	TGW	Indianapolis Indy 'G' Walkers	Cliff Terry clifferry@sbcglobal.net	317-776-1848
7/18/20	W	St. Joe Three Rivers Strollers	Willa Thompson lizardw13@gmail.com	260-238-4221
8/1/20	B	North Liberty	Bob Buzolich	574-339-9140
8/1/20	W	Hoosier Hikers	sonofbuzz@prodigy.net	
8/8/20	TGW	Albion, Indiana Volkssport Assn.	Cliff Terry clifferry@sbcglobal.net	317-776-1848
8/22/20	TGW	Westfield Indy 'G' Walkers	Cliff Terry clifferry@sbcglobal.net	317-776-1848
9/12/20	TGW	Indianapolis Indy 'G' Walkers	Carolyn Armarcost armacosc@gmail.com	317-508-4101
9/26/20	TGW	New Castle Indiana Volkssport Assn.	Cliff Terry clifferry@sbcglobal.net	317-776-1848
10/3/20	W	French Lick Bedford Hiking Club	Teena Ligman tdligman@att.net	812-278-0139
10/10/20	W	Indianapolis Indy 'G' Walkers	Lance Ratiff lanceratliff@hotmail.com	317-340-0776

IOWA

10/4/20	W	Honey Creek Nebraska Wander Freunde Trailblazers	Butch Spaulding bs1preznfwt@aol.com	712-322-2797
10/17/20	W	Granger Greater Des Moines Volkssport Assn.	Susan Pinneke susan.pinneke@gmail.com	515-277-3653
10/31/20	W	Des Moines Greater Des Moines Volkssport Assn.	Diana Ronk Ronkdr@mchsi.com	515-491-8903

KANSAS

10/3/20	W	Columbus	Doris Conyers	417-434-0977
10/3/20	W	Oswego dconyers43@gmail.com	Dogwood Trailblazers	
10/10/20	W	Sublette	Terri Tyler	785-233-4385
10/10/20	W	Meade	Sunflower Sod Stompers	
10/11/20	W	Coldwater	tityler50@gmail.com	
10/11/20	W	Ashland		

KENTUCKY

11/7/20	GW	London	Bob Buzolich	574-339-9140
11/8/20	GW	Mount Victory AVA - Mid-America Region	ma_rd@ava.org	

MARYLAND

6/6/20	W	Germantown Seneca Valley Sugarloafers	Tony Laing laingat@gmail.com	301-980-8932
6/13/20	W	Highland Columbia Volksmarch Club	John Dye johndye@comcast.net	410-290-6510
6/17/20	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Y. Pennington greenbeltmva@gmail.com	301-431-6668
6/27/20	W	Beltsville Freestate Happy Wanderers	Rita Goerling laurelvolsyre@gmail.com	301-919-0465
6/28/20	GW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Y. Pennington greenbeltmva@gmail.com	301-431-6668
7/11/20	W	Ellicott City Columbia Volksmarch Club	John Dye johndye@comcast.net	410-290-6510
7/15/20	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Y. Pennington greenbeltmva@gmail.com	301-431-6668
8/1/20	W	Westminster Seneca Valley Sugarloafers	Ward Parr Parrw@comcast.net	301-337-5764
8/15/20	W	Hagerstown Antietam Pathfinders Volksmarch	Ann Gwinnutt annshilling08@gmail.com	301-302-5810
8/19/20	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Y. Pennington greenbeltmva@gmail.com	301-431-6668
9/16/20	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Y. Pennington greenbeltmva@gmail.com	301-431-6668
9/26/20	W	Darlington Baltimore Walking Club	James Farley farleyfam@comcast.net	410-638-7043
10/3/20	W	Frederick Seneca Valley Sugarloafers	Jone Parr jone.p@comcast.net	301-385-0054
10/10/20	W	Havre de Grace Baltimore Walking Club	Sue Capp suecapp@yahoo.com	717-968-6611
10/16-17/20	W	Laurel Freestate Happy Wanderers	Mike Goerling laurelvolsyre@gmail.com	301-776-6484
10/31/20	W	Myersville Seneca Valley Sugarloafers	Carolyn Thurber cbthurber@verizon.net	240-273-2141
11/7/20	W	Columbia Columbia Volksmarch Club	John Dye johndye@comcast.net	410-290-6510
12/31/20	2-W	Savage	William Hassell	410-533-5805
1/1/21	2-W	Savage Freestate Happy Wanderers	Linda Hassell wahasse1798@verizon.net	410-437-2164

MASSACHUSETTS

8/22/20	GW	Holliston Walk 'N Mass Volkssport Club	Bev Lange wkearnso@gmail.com	774-279-0740
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MICHIGAN

6/27/20	W	Adrian Washtenaw Wanderers Volkssporting	Roxie Weaver geiserweaver@gmail.com	616-745-9624
9/7/20	W	Mackinaw City Michigan Pathfinders	Tom Crabill tjcrabill@comcast.net	260-409-1659

MINNESOTA

6/13/20	W	White Bear Lake Twin Cities Volkssport	Gene Schutte ehschu@msn.com	651-429-6938
7/12/20	W	Woodbury Twin Cities Volkssport	Ken Johnson johnsonck@centurylink.net	651-774-9607
7/18/20	W	Preston-Forestville State Park	Wally Swanson	507-362-8760
7/19/20	W	Leroy-Lake Louise State Park NorthStar Trail Travelers	Wally Swanson info@nstt.org	507-362-8760
8/8/20	W	Plymouth Twin Cities Volkssport	Ken Johnson lynnedesignflow@gmail.com	763-780-4567
9/13/20	W	Frontenac NorthStar Trail Travelers	Wayne Heath info@nstt.org	651-249-8886
9/19/20	W	Maplewood Twin Cities Volkssport	Marge Oehlke wvheath76@gmail.com	507-720-4105
10/10/20	W	Maplewood Twin Cities Volkssport	Ken Johnson johnsonck@centurylink.net	651-774-9607
10/24/20	GW	Monticello NorthStar Trail Travelers	Donna Seline info@nstt.org	612-529-0552
11/14/20	W	Rosedale Twin Cities Volkssport	Lynne Grigor lynnedesignflow@gmail.com	763-780-4567
12/5/20	W	Minneapolis Twin Cities Volkssport	Rita Holland 10ritaholland@gmail.com	000-000-0000

MISSOURI

7/18/20	W	Ozark Dogwood Trailblazers	Glen Conyers glenconyers@sbcglobal.net	417-434-0977
8/22/20	W	St. Louis St Louis-Stuttgart Volksmarch Club	Gordon Brown deeebee333@gmail.com	314-878-8647
9/26/20	W	St Peters Gateway Milers NFP.	Obernuefemann gary.obernuefemann@sbcglobal.net	636-233-2398

MONTANA

8/19/20	W	Lewistown	Beth Hendricks	605-381-5176
8/20/20	W	Great Falls	Black Hills Volkssport Assn.	
8/20/20	W	Ft. Benton	walkusa@rushmore.com	
8/21/20	W	Glacier Nat'l Pk		
8/23/20	W	Billings		

NEBRASKA

9/19/20	W	Omaha Nebraska Wander Freunde Trailblazers	Steve Miller jeanneno@gmail.com	402-981-0463
10/24/20	W	Lincoln City Lincoln Volkssport Club, Inc.	Rose Quackenbush bsp17607@aol.com	402-464-6972
11/7/20	W	Ashland Nebraska Wander Freunde Trailblazers	Dan Marchand countrycrafted@windstream.net	402-598-5780
12/5/20	W	Omaha Nebraska Wander Freunde Trailblazers	Sandy Spaulding SpldngS@aol.com	712-322-2797

NEW JERSEY

9/13/20	W	Princeton Princeton Area Walkers	Diane Glace glace@rutgersprep.org	609-658-7724
10/3/20	W	Princeton Princeton Area Walkers	Diane Glace glace@rutgersprep.org	609-658-7724
10/3/20	W	Bordentown Princeton Area Walkers	Susan Molloy semolloy@verizon.net	609-298-6139
11/7/20	W	Hillsborough Princeton Area Walkers	Diane Glace glace@rutgersprep.org	908-309-8398

NEW MEXICO

6/20-7/5/20	W	Alamogordo Sun Country Striders	Derrill Rothermich derrillrothermich@hotmail.com	915-270-3578
6/24-29/20	W	Capitan	Derrill Rothermich	915-270-3578
6/24-29/20	W	Ft. Stanton	Sun Country Striders	
6/24-29/20	2-W	Ruidoso	derrillrothermich@hotmail.com	
6/24-29/20	2-W	Cloudcroft		

NEW YORK

6/3/20	GW	Greenwich Empire State Capital Volkssporters	Laverne Stiles lavernestiles@msn.com	518-223-3750
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Event continued on page 35

Events continued from page 34

6/6/20	W	Chatham	Louise Remillard 518-496-1879 Empire State Capital Volkssporters louiseremillard3@gmail.com
6/10/20	GW	Schenectady	Louise Remillard 518-496-1879 Empire State Capital Volkssporters lremillard@nycap.rr.com
6/17/20	GW	Amsterdam	Barbara Bilins 518-209-2541 Empire State Capital Volkssporters travlinbarb@hotmail.com
6/24/20	GW	Niskayuna	Beth Snyder 518-505-3525 Empire State Capital Volkssporters BethSnyder47@gmail.com
7/1/20	GW	Schenectady	Bernie Geren 518-399-8400 Empire State Capital Volkssporters bgeren@nycap.rr.com
7/8/20	GW	Fort Hunter	Donna Farber 518-813-4817 Empire State Capital Volkssporters dfarberhm@hotmail.com
7/15/20	GW	Ballston Spa	Sue Grey 518-399-0159 Empire State Capital Volkssporters susanbg@yahoo.com
7/22/20	GW	Malta	Vera Weiss 518-399-1798 Empire State Capital Volkssporters vweiss@nycap.rr.com
7/29/20	GW	Menands	Marion Averill 518-463-6987 Empire State Capital Volkssporters walkingaverills@aol.com
8/5/20	GW	Saratoga Springs	Barbara Kolapakka 518-583-9038 Empire State Capital Volkssporters bkola67@gmail.com
8/12/20	GW	Troy	Dianne Hughes 518-272-0343 Empire State Capital Volkssporters whughes7@nycap.rr.com
8/19/20	GW	Altamont	Kathy Mack 518-225-3797 Empire State Capital Volkssporters kmack1952@gmail.com
8/26/20	GW	South Glens Falls	Carol Sorensen 518-223-0882 Empire State Capital Volkssporters CarolHD27@aol.com
11/1/20	W	Albany	Deb D'Arcangelis 518-456-3455 Empire State Capital Volkssporters dmdarcang@gmail.com

NORTH CAROLINA

6/20/20	GW	Valdese	Judy Michele 828-628-4343 Asheville Amblers jumianc@aol.com
9/4-7/20	W	Franklin	Judy Michele 828-628-4343 Asheville Amblers jumianc@aol.com
10/31-11/1/20	2-W	Nebo	Judy Michele 828-628-4343 Asheville Amblers jumianc.com

OHIO

6/13/20	W	Hinckley	Deva Simon 440-915-0161 Valley Vagabonds, Inc. deval17@aol.com
6/19-21/20	3-W	Dayton	Dawn Gruber 937-409-6975
6/19-21/20	S	Ohio Wander Freunde	ohiomac2020@aol.com
7/11/20	W	Bexley	Janice Fry 614-620-3288 Heart of Ohio Hikers janice.fry5@gmail.com
7/18/20	W	Dayton	James Medzviega 937-435-0469 Wandering Wheels Volkssports Club jmedz@aol.com
7/25/20	W	Vandalia	Carol Yeagerlehner 937-878-8381 Xenia Walking Club blanton3440@gmail.com
8/8/20	W	Medina	Deva Simon 440-915-0161 Valley Vagabonds, Inc. deval17@aol.com
8/15/20	W	Troy	Dawn Gruber 937-409-6975 Ohio Wander Freunde dgruber333@aol.com
8/22/20	W	Worthington	Mike Mosser 614-769-3079 Heart of Ohio Hikers mrmosser@msn.com
8/29/20	W	New Carlisle	Connie Bost 937-399-9204 Tecumseh Trailblazers beacon811@yahoo.com
9/12/20	W	Washington Court House	Carol Yeagerlehner 937-878-8381 Xenia Walking Club blanton3440@gmail.com
9/13/20	W	Fairborn	Dawn Gruber 937-409-6975 Ohio Wander Freunde dgruber333@aol.com
9/19/20	W	Springfield	Connie Bost 937-399-9204 Tecumseh Trailblazers beacon811@yahoo.com
10/3/20	W	Englewood	Dawn Gruber 937-409-6975 Ohio Wander Freunde dgruber333@aol.com
10/10/20	W	Westwood	Deva Simon 440-915-0161 Valley Vagabonds, Inc. deval7@aol.com
10/17/20	W	Ansonia	Dawn Gruber 937-409-6975 Ohio Wander Freunde dgruber333@aol.com
10/24/20	W	Cincinnati	JR Carey 740-802-1077 Germania Volksmarch Gruppe germaniavolksmarch@gmail.com
11/14/20	W	Middletown	Dawn Gruber 937-409-6975 Ohio Wander Freunde dgruber333@aol.com
12/5/20	W	Dayton	Dawn Gruber 937-409-6975 Ohio Wander Freunde dgruber333@aol.com
1/1/21	W	Dayton	Dawn Gruber 937-409-6975 Ohio Wander Freunde dgruber333@aol.com

OKLAHOMA

6/6/20	W	Woodward	Ralph Axsom 918-252-4752 Tulsa Walking Club ralphax66@gmail.com
6/6/20	W	Shattuck	Randy Woodard 918-245-2935
6/7/20	W	Fairview	lw35818@gmail.com
8/15/20	W	Tulsa	Cynthia Hines 918-406-6077 Tulsa Walking Club vetretiredlh@yahoo.com
9/19/20	W	Sand Springs	Woody Woodard 918-245-2935 Tulsa Walking Club lw35818@gmail.com

10/17/20	W	Broken Arrow	Ralph Axsom 918-252-4752 Tulsa Walking Club ralphax66@gmail.com
11/21/20	W	Tulsa	Cathy Childress 918-857-4696 Tulsa Walking Club catherine.childress4682@gmail.com
11/21/20	W	Tulsa	Cheryl Hiatt 918-706-5493 Tulsa Walking Club cherylhiatt@att.net

OREGON

6/6/20	W	Gervais	Lin Crimshaw 503-585-9837 Willamette Wanderers linell49@q.com
6/7/20	TGW	Eugene	Don Reed 541-974-5780 Eugene Springfield Mossback Volkssport donreed1946@yahoo.com
6/13/20	W	Sherwood	Carolyn 503-649-7675 Columbia River Volkssport Club carolyn9325@gmail.com
6/20/20	W	Hillsboro	Richard Koonce 503-679-9473 Columbia River Volkssport Club dick.koonce@gmail.com
6/25-28/20	3-W	Ashland	Tom Baltas 505-298-1256
6/25-28/20	W	Medford	Oregon Trail State Volkssport TLBaltas@aol.com
6/25-28/20	B	Medford	
6/25-28/20	S	Medford	
6/25-28/20	W	Rogue Gorge	
6/25-28/20	W	Jacksonville	
6/25-28/20	W	Casey State Park	Ed Hainline 360-921-1909 Oregon Trail State Volkssport Assn. opahainline49@gmail.com
6/29/20	W	Crater Lake	Dick Baker 360-991-8806 Rose City Roamers dickbkr@q.com
7/18/20	W	Gresham	Regina Blake 503-665-0950 East County Windwalkers reggie_blake@yahoo.com
8/5/20	TGW	Portland	Dick Baker 360-991-8806 Rose City Roamers dickbkr@q.com
8/8/20	TGW	Newberg	Julia Westerberg 541-967-3001 Willamette Wanderers pjwesterberg@comcast.net
8/19/20	TGW	Viento State Park	Dick Baker 360-991-8806 Rose City Roamers dickbkr@q.com
9/8/20	TGW	Florence	Dick Koonce 503-679-9473
9/9/20	TGW		dick.koonce@gmail.com Columbia River Volkssport Club
9/13/20	TGW	Gold Beach	Dick Koonce 503-679-9473 Columbia River Volkssport Club dick.koonce@gmail.com
9/19/20	W	Oregon City	Karen Highfield 503-573-7399 Valley Volkswalkers karen_highfield@hotmail.com
9/20/20	W	Mt. Angel	Don Reed 541-974-5780 Silverton Walk Abouts donreed1946@yahoo.com
10/10/20	W	Happy Valley	Louise Dix 541-951-0667 East County Windwalkers louisedix@yahoo.com
10/17/20	W	Jefferson	Bev Haven 541-619-8044 Albany Fitwalkers msbhaven60@gmail.com
12/1/20	TGW	Oregon City	Dick Baker 360-991-8806 Rose City Roamers dickbkr@q.com
12/1/20	TGW	Sweet Home	Janet Epperson 209-815-0607
12/1/20	TGW	Jefferson	Albany Fitwalkers jeoao@aol.com
12/1/20	TGW	Eugene	Don Reed 541-974-5780 Eugene Springfield Mossback Volkssport donreed1946@yahoo.com
12/1/20	TGW	Yachats	Maryann Brown 541-961-4279 Yachats Coastal Gems Volkssport yachatscoastalgems@gmail.com
12/19/20	W	Portland	Ed Hainline 360-921-1909 Columbia River Volkssport Club opahainline49@gmail.com

PENNSYLVANIA

9/12/20	W	Quakertown	David Doerffel 267-566-0432 Liberty Bell Wanderers dtdoerffel@gmail.com
9/19/20	GB	Shippensburg	Tom Jackson 717-309-6088 York White Rose Wanderers. thomasjackson@embarqmail.com
10/8-11/20	W	State College	Tom Jackson 717-309-6088
10/8-11/20	W	State College - Mifflinburg	Keystone State Volkssport Assn.
10/9-11/20	W	State College-Town & Gown	thomasjackson@embarqmail.com
10/9-11/20	W	State College North	
10/9-11/20	W	State College - Bellefonte	
10/15/20	TGW	Newtown	Pat Graeber 610-287-3065 Liberty Bell Wanderers pgraeber17@gmail.com
11/5/20	TGW	Reading	Dave Brown 610-906-6252 Liberty Bell Wanderers ocmdbreeze@aol.com
11/7/20	W	Carlisle	Bill Rhoat 717-847-3567 Susquehanna Rovers Volksmarch Club rhtpr@aol.com

RHODE ISLAND

8/1/20	W	Pawtucket	Dawn Harlow 978-804-3404 Walk 'N Mass Volkssport Club dawnvt@yahoo.com
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SOUTH DAKOTA

6/13/20	W	Sturgis	Veronica Grosek 605-347-2556 Black Hills Volkssport Assn. director@sturgisareachamber.com
6/27/20	W	Rapid City	Connie Hobbs 605-787-3863 Black Hills Volkssport Assn. mommagoose16@gmail.com
7/12/20	W	Silver City	Chip Elverud 916-295-0257 Black Hills Volkssport Assn. celverud@yahoo.com

Event continued on page 36

Events

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7/19/20	W	Lead	Jeff Hendricks 605-593-3504 wallace02j@yahoo.com
9/5/20	W	Rockerville Black Hills Volkssport Assn.	Jody Docken 605-574-4952 dockpalm@yahoo.com
9/11-13/20	W	Plankinton	Gary Lofswold 757-508-2537
9/11-13/20	W	Winner	Prairie Wanderers Volkssport
9/11-13/20	W	Gregory	GEL_601@hotmail.com
9/11-13/20	W	Wagner	
9/11-13/20	W	Armour	
9/11-13/20	W	Tyndall	
9/19/20	W	Pine Ridge	Duane Neugebauer 303-489-9313
9/19/20	W	Martin Black Hills Volkssport Assn.	donman1948@gmail.com
9/26/20	W	Hill City Black Hills Volkssport Assn.	Reta Thovson 605-574-3278 retabhva@gwtc.net
9/27/20	W	Crazy Horse Black Hills Volkssport Assn.	Diane Johannesen 307-290-0746 dianejohannesen@hotmail.com

TENNESSEE

9/11-13/20	W	Germantown (Wolf River Trail)	dj Moore 850-628-4016
9/11-13/20	W	Germantown (City)	Emerald Coast Volkssport Club dj.tyc1949@gmail.com

TEXAS

7/11/20	W	San Antonio Randolph Roadrunners	Ellen Ott 210-723-8574 ellenott@sbcglobal.net
8/8/20	W	San Antonio Randolph Roadrunners	Ellen Ott 210-723-8574 ellenott@sbcglobal.net
10/6-12/20	W	Terlingua West Texas Trail Walkers	Susan Noonan 210-286-8897 susan.noonan@gmail.com
10/9-9/20	W	Big Bend National Park West Texas Trail Walkers	Susan Medlin 210-325-3523 sueammed@aol.com
10/10/20	W	Big Bend National Park West Texas Trail Walkers	Dianne Duke d.w.duke@live.com
10/11/20	W	Big Bend State Park West Texas Trail Walkers	Helen Hull 972-530-1026 helenthehun@Yahoo.com
10/24-25/20	W	Waring Hill Country Volkssportverein	John Bohnert 830-496-1746 johnbohnert63@gmail.com
12/12/20	W	Boerne Randolph Roadrunners	Ellen Ott 210-723-8574 ellenott@sbcglobal.net

UTAH

10/8/20	W	Moab	Sierra Suits 360-260-9393
10/9/20	W	Moab	International Wanderers
10/12-13/20	W	Bryce	sierra@walkingadventures.com
10/13/20	W	Springdale	

VIRGINIA

6/6/20	TGW	Occoquan Wood and Dale Wanderers	Timothy Miner 571-212-0804 timothy.miner@walkvirginia.org
7/11/20	W	Hampton Virginia Vagabonds	Annette Tollett 757-814-1417 ahtollett3@gmail.com
9/1/20	TGW	Manassas	Timothy Miner 571-212-0804
9/2/20	TGW	Occoquan	Wood and Dale Wanderers
9/3/20	TGW	Manassas	thminer@aol.com
9/5-7/20	W	Covington Virginia Volkssport Assn.	Sandy Croushore 757-532-3468 szcroushore@verizon.net
9/5-7/20	W	Clifton Forge	Sandy Croushore 757-532-3468
9/5-7/20	W	Alleghany County szcroushore@verizon.net	Virginia Volkssport Assn.
9/19/20	W	Norfolk Gator Volksmarsch Club	Don Bradford 757-576-0966 gvcwalker64@hotmail.com
9/26-27/20	W	Occoquan Wood and Dale Wanderers	Timothy Miner 571-212-0804 thminer@aol.com
10/3-4/20	W	Fort Belvoir Ft Belvoir - DFMWR	Hwan Yu 703-806-3100 hwan.s.yu1.naf@mail.mil
10/3/20	W	Newport News Virginia Vagabonds	Annette Tollett 757-814-1417 ahtollett3@gmail.com
10/10/20	W	Chesterfield Lee Lepus Volksverband	Dee Schrum 804-731-2863 dschrum4@comcast.net
10/16/20	W	Arlington	Dolores Grenier 703-209-0174
10/16-18/20	B	Arlington	info@USFreedomWalk.org
10/17/20	W	Arlington	
10/18/20	W	Arlington	
10/31/20	W	Suffolk Peninsula Pathfinders of Virginia	Bill Lowell 757-357-5355 wlowell@mindspring.com
12/5-6/20	W	Alexandria Northern Virginia Volksmarchers	Helen Garamone 571-243-2573 hkgaramone@hotmail.com
12/5-6/20	W	Alexandria Great Greenbelt Volksmarchers, Inc.	Y. Pennington 301-431-6668 greenbeltmva@gmail.com
12/11-13/20	S	Williamsburg	Pam Bowers 757-564-0147
12/11-12/20	NW	Williamsburg	pbowers3@cox.net
12/12-13/20	W	Williamsburg	Peninsula Pathfinders of Virginia

12/31/20	W	Smithfield	Don Bradford 757-576-0966
1/1/21	W	Gator Volksmarsch Club	gvcwalker64@hotmail.com
3/27/21	W	Gloucester Virginia Vagabonds	Annette Tollett 757-814-1417 ahtollett3@gmail.com

WASHINGTON

6/23/20	TGW	Olympia Capitol Volkssport Club	Cheryl Bush 303-548-0788 bilkecb@aol.com
6/30/20	TGW	Olympia Capitol Volkssport Club	Cheryl Bush 303-548-0788 bikecb@aol.com
7/3/20	W	Everett Sound Steppers Volkssport Club	Neil Smith 206-214-5274 neil.smith@comcast.net
7/4/20	W	Vancouver Vancouver USA Volkssporters	Burt Paynter 360-798-8485 walkeriii@comcast.net
7/4/20	GW	Seattle Emerald City Wanderers	Mike Nagan 206-851-2101 m.nagan@comcast.net
7/11/20	W	North Bonneville All Weather Walkers	Dick Baker 360-991-8806 dickbkr@q.com
7/17-19/20	3-W	Cle Elum Four-Plus Foolhardy Folks	Cheri Overman 253-709-7835 cgeosite@gmail.com
7/25/20	W	Renton Interlaken Trailblazers Volkssport Club	Sharon Moats 206-909-5176 s.moats@comcast.net
7/28/20	TGW	Olympia Capitol Volkssport Club	Cheryl Bush 303-548-0788 bilkecb@aol.com
8/11/20	TGW	Olympia Capitol Volkssport Club	Cheryl Bush 303-548-0788 bilkecb@aol.com
8/12/20	TGW	Battle Ground Vancouver USA Volkssporters	Dick Baker 360-991-8806 dickbkr@q.com
8/18/20	TGW	Rochester Capitol Volkssport Club	Cheryl Bush 303-548-0788 bikecb@aol.com
8/20/20	GW	Puyallup Daffodil Valley Volkssport Association	Carolyn Warhol 253-845-6592 jcwahol@comcast.net
9/5/20	W	Seattle Emerald City Wanderers	David Madsen 206-478-7101 dmadsen@seattleu.edu
9/6/20	W	Olympia Capitol Volkssport Club	Bill Spaulding 253-414-8224 william.k.spaulding@gmail.com
9/12/20	W	Bellingham NW Tulip Trekkers	Tom Wallace 360-491-5560 wallnett@aol.com
9/19/20	GW	Seattle FS Family Wanderers	Michelle Roberts 206-552-1775 michellero1956@gmail.com
9/20/20	W	Spokane Lilac City Volkssport Assn.	Allan Heritage 509-465-2690 agheritage@hotmail.com
9/22/20	TGW	Olympia Capitol Volkssport Club	Cheryl Bush 303-548-0788 bikecb@aol.com
9/26/20	W	Snoqualmie Interlaken Trailblazers Volkssport Club	Sharon Moats 206-909-5176 s.moats@comcast.net
9/26/20	W	Woodland All Weather Walkers	Liz Connors 360-685-4010 takeahike68@yahoo.com
9/28/20	TGW	Olympia Capitol Volkssport Club	Carol Froelich 360-292-0830 carolkent2@comcast.net
10/3/20	GW	Tumwater Capitol Volkssport Club	Bill Spaulding 253-414-8224 william.k.spaulding@gmail.com
10/24/20	W	Puyallup Daffodil Valley Volkssport Association	Jim Slakey 253-848-5717 aslakey@comcast.net
10/31/20	W	Vancouver Vancouver USA Volkssporters	Heidi Schurr 360-909-7917 hschurr@hotmail.com
10/31/20	W	Carnation Emerald City Wanderers	Fran Carson 206-788-7969 fran55carson@gmail.com
11/27/20	TGW	Vancouver Vancouver USA Volkssporters	Dick Baker 360-991-8806 dickbkr@q.com
11/28/20	W	Edmonds Sound Steppers Volkssport Club	Neil Smith 206-214-5274 neil.smith@comcast.net
12/1/20	GW	Puyallup Daffodil Valley Volkssport Assn.	Nancy Wittenberg 253-208-1331 newwittenberg@gmail.com
12/1/20	W	Bow Four-Plus Foolhardy Folks	Bill Campbell 253-735-2858 kayzeta@gmail.com
12/1/20	W	Vancouver All Weather Walkers	Bob Hall 360-369-8296 bobhallfamily@aol.com
12/1/20	W	Seattle Emerald City Wanderers	Jane Clark 206-920-2544 jane3883@gmail.com
12/1/20	W	Dupont Over-The-Hill-Gang Volkssport	Diane Wagner 253-875-3064 dianeswagner@comcast.net
12/1/20	W	Puyallup	Nancy Wittenberg 253-208-1331
12/1/20	W	Bonney Lake Daffodil Valley Volkssport Association	newwittenberg@gmail.com
12/20/20	W	Colville	Allan Heritage 360-904-7236
12/20/20	W	Deer Park Lilac City Volkssport Assn.	agheritage@hotmail.com
12/31/20	W	Vancouver Vancouver USA Volkssporters	Dick Baker 360-573-6048 dickbkr@q.com
12/31/20	W	Seattle	Mike Nagan 206-851-2101
1/1/21	W	Emerald City Wanderers	m.nagan@comcast.net

WEST VIRGINIA

9/6/20	GW	Hapers Ferry U.S. Freedom Walk Festival Club	Dolores Grenier 703-209-0174 info@USFreedomWalk.org
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Events continued on page 37

Events

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WISCONSIN

6/13/20	W	Sherwood	Don Suloff	608-821-0263
		Madison Area Volkssport Assn.	suloff@TDS.net	
6/14/20	W	Sheboygan	Kristi Kenyon	608-798-3006
		Madison Area Volkssport Assn.	kensinginn@tds.net	
7/10-12/20	W	Madison	Russell Crane	608-756-1599
		Madison Area Volkssport Assn.	rwcrane1926@charter.net	
8/22/20	W	Baraboo	Kevin Moore	608-334-4886
		Madison Area Volkssport Assn.	kevin@kaneyrd.com	

9/19/20	W	Monroe	Jerry Wilson	608-695-6449
		Madison Area Volkssport Assn.	jpatw4@gmail.com	
10/17/20	W	Milton	Dave Riyeff	608-756-1599
		Madison Area Volkssport Assn.	driyeff@hotmail.com	
11/7/20	W	Madison	Jerry Wilson	608-695-6449
		Madison Area Volkssport Assn.	jpatw4@gmail.com	

WYOMING

8/1/20	W	Buffalo	Lois Petersen	307-684-9160
		Buffalo Pathfinders	lois.petersen@gmail.com	

Changes to YREs and Seasonal Events can be found on the AVA Legacy website – cb.ava.org. Click on Event Search menu tab, on the drop down menu click on *Starting Point Changes* link.

IVV EVENT AWARDS

10 Events

Canney Carla Willow Park TX

30 Events

Baez Sally Temecula CA
 Hart Karen Williamsburg VA
 Huston Anita Coal City IL
 Livesley Janice Portland OR
 Livesley Philip Portland OR
 Olsen Kathryn Tigard OR
 Sovereign Melinda Edmonds WA

50 Events

Ball Sherry Powell TN
 Brown Mary Stillwater NY
 Cieslak Julia Portland OR
 Hart Karen Williamsburg VA
 Sovereign Melinda Edmonds WA

75 Events

Aguirre Nelli Kyle TX
 Clark Jane Seattle WA
 Cosgrove Elizabeth Kyle TX
 Erwin Irene Madison WI
 Green Merry Gresham OR
 Hart Karen Williamsburg VA
 Heath Wayne Woodbury MN
 Ice Jonathan Cedar Rapids IA
 Levers Ben Sauk City WI
 Peppers Theresa Wildomar CA
 Sovereign Melinda Edmonds WA
 Wanttaja Keith Prior Lake MN

100 Events

Borbon April Las Vegas NV
 Clark Jane Seattle WA
 Hart Karen Williamsburg VA
 Klimaszewski. Richard Anderson SC
 Klimaszewski. Pat Anderson SC
 Levers Ben Sauk City WI
 Mason Martin Woodlands TX
 Partlow Alice DeLand FL
 Peppers Theresa Wildomar CA
 Steele Jane Easton MD
 Taylor Deborah Salkum WA
 Thielemann Gerhard San Antonio TX
 Thomason Gunnar Port Angeles WA
 Traweek Janet Camas WA
 Witzel Carrie Quartzsite AZ

125 Events

Barna Ronald Longwood FL
 Donhiser Liam Rapid City SD

King Donnie Kerrville TX
 Manfredi John Belleville IL

150 Events

Barna Ronald Longwood FL
 Braunstein Anna Rocklin CA
 Kranz Carolyn Milton FL
 Wanttaja Janel Prior Lake MN
 Woods Linda Bloomington IN

175 Events

Bergt Joann Tulsa OK
 Horak Sally Cortland NY
 King Jessica Kansas City MO
 LeDeuc Susan Everett WA
 Schultz James Janesville WI

200 Events

Dix Louise Gresham OR
 Mims Lavunn San Antonio TX
 Thomas Margalee Henderson NE
 Veillette Concetta Topsham ME

225 Events

Baker Polly Indianapolis IN
 Cieslak Christine Portland OR
 Conner Theresa Bothell WA
 Donhiser Kathleen Rapid City SD
 Edington Joseph Davenport FL
 Peeck Wendy Rochester NY
 Remillard Louise Scotia NY
 Sehrt Judy St. Cloud MN
 Sheffield Vorsha Ingram TX
 Thomas Margalee Henderson NE

250 Events

Baker Polly Indianapolis IN
 Conner Theresa Bothell WA
 Grenier Louise Norman OK
 Jacob Lawrence Austin TX
 Otani Robin Clyde Hill WA
 Remillard Louise Scotia NY
 Schultz Kathleen Janesville WI
 Sehrt Judy St. Cloud MN
 Thomas Margalee Henderson NE

275 Events

Baker Polly Indianapolis IN
 Erickson Paul Maitland FL
 Grenier Louise Norman OK
 Hunter John Orlando FL
 Johnson Susan Sundance WY
 Levers Billy Sauk City WI

Otani Robin Clyde Hill WA
 Remillard Louise Scotia NY
 Thomas Margalee Henderson NE

300 Events

Baker Polly Indianapolis IN
 Coon Claudia Portland OR
 Devlin Michelle Lutz FL
 Erickson Paul Maitland FL
 Helmann Scott Rapid City SD
 King Patricia Gaithersburg MD
 Otani Robin Clyde Hill WA
 Ross Leonard Snohomish WA
 Stoneback Linda Federal Way WA
 Thomas Margalee Henderson NE
 Thomas Margalee Henderson NE

325 Events

Levers Beth Sauk City WI
 Otani Robin Clyde Hill WA
 Roberts David Fredericksburg TX
 Ross Leslie Snohomish WA
 Thomas Margalee Henderson NE
 Wells Thomas Snohomish WA

350 Events

Andrews Alison Laytonsville MD
 Barna Rosemary Longwood FL
 Brinkmann Eric Sioux Falls SD
 Brown Mark North Ogden UT
 Levers Beth Sauk City WI
 Otani Robin Clyde Hill WA
 Prewitt David Universal City TX
 Schwencke Kathy San Antonio TX
 Smith Carolyn Portland OR
 Thomas Margalee Henderson NE
 West Lee Wethersfield CT
 West Carol Wethersfield CT

375 Events

Barna Rosemary Longwood FL
 Brinkmann Eric Sioux Falls SD
 Hendricks Jeffrey Rapid City SD
 Potter Pamela Millersville MD
 Thomas Margalee Henderson NE

400 Events

Barna Rosemary Longwood FL
 Czapinski Terri Woodinville WA
 Horne Dayle Chesapeake VA
 Perkins Trudy Severn MD
 Thomas Margalee Henderson NE

425 Events

Barna Rosemary Longwood FL
 Czapinski Terri Woodinville WA
 Horne Dayle Chesapeake VA
 Miller Steven Omaha NE
 Switalski Diane Seminole FL

450 Events

Elliott Dana Chambersburg PA
 Talaga Carol Hatfield PA

475 Events

Extine Mike Olympia WA
 Krow Timothy Port Royal PA
 Perkins Jerry Waring TX

500 Events

Berry Katherine Rockville MD
 Donhiser William Rapid City SD
 Fountain Myrna Okla City OK
 Fountain Joe OklaCity OK
 Lee Jeri Camano Isl WA

525 Events

Beisser David. Travelers Rest SC
 Johnson Janet Richmond TX
 Lee Jeri Camano Isl WA
 Trunk Martha Falls Church VA

550 Events

Freshwater David Germantown MD
 Gruber Robyn New Carlisle OH
 Krow Joyce Port Royal PA
 Lee Jeri Camano Isl WA
 Piffat Kathryn Danvers MA
 Stucky Thomas St Louis MO

575 Events

Auerbach Margery Silver Spring MD
 Cable Glenda Sequim WA
 Cooper Robert Clyde NC
 Lee Jeri Camano Isl WA

600 Events

Cooper Robert Clyde NC
 Horne Daniel Chesapeake VA
 Lapham Connie York PA
 Ridge William Harleysville PA

IVV Event awards continued on page 38

IVV Event Awards

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650 Events

Alton	Susan	San Antonio	TX
Bonewitz	Mindy	Louisville	TN
Carbone	Anthony	Bonney Lake	WA
Cooper	Robert	Clyde	NC
Darling	Lea	Burnt Hills	NY

700 Events

Alton	Susan	San Antonio	TX
Bonewitz	Mindy	Louisville	TN
Bonewitz	Joel	Louisville	TN
Bradford	Donald	Chesapeake	VA
Carbone	Anthony	Bonney Lake	WA
Cooper	Robert	Clyde	NC
Cutler	Kathryn	Issaquah	WA
Darling	Lea	Burnt Hills	NY
Lange	Brenda	Lansing	KS
Rigg	Carl	Kingwood	TX
Rigg	Gail	Kingwood	TX

750 Events

Carbone	Anthony	Bonney Lake	WA
Clark	Sally	Danville	VA
Darling	Lea	Burnt Hills	NY
Izbicki	Joanne	Lexington	MA
Koosmann	Laurel	Kent	WA
Lange	Brenda	Lansing	KS
Noonan	Joseph	San Antonio	TX
Paronis	Irena	Darien	IL
Sell	Katie	Bellevue	WA
Truscott	Jim	Burke	VA
Wilson	Donna	China Grove	NC

800 Events

Carbone	Anthony	Bonney Lake	WA
Crabill	Tom	Fort Wayne	IN
Crabill	Sandy	Fort Wayne	IN
Ives	John	San Antonio	TX
McClellan	Sheila	Port Orange	FL
Miller	Joan	Elk Grove Village	IL

850 Events

Ellsberg	Patrick	Vancouver	WA
Fordyce	Joanne	Boise	ID
Paige	Janet	Federal Way	WA
Soenke	Carole	Sacramento	CA
Williamson	Jeremy	Kent	WA

900 Events

Corrigan	Don	Des Moines	IA
Ellsberg	Patrick	Vancouver	WA
Paige	Janet	Federal Way	WA
Wilson	Pam	Madison	WI

950 Events

Ellsberg	Patrick	Vancouver	WA
Solarek	Bill	Clemmons	NC
Solarek	Suzanne	Clemmons	NC
Vannienwenhove	Gerald	Lady Lake	FL
Wilson	Pam	Madison	WI

1000 Events

Evans	Tommy	Tulsa	OK
Evans	Connie	Tulsa	OK
Green	Betty	Souderton	PA
Green	Michael	Souderton	PA
Pfleging	Dora	Kerrville	TX
Solarek	Bill	Clemmons	NC

1050 Events

Ekstedt	Cecile	Doylestown	PA
Feather	Melvin	Germantown	MD
Ohl	James	Vancouver	WA
Purdy	Dianne	Centreville	VA

1100 Events

Eide	Douglas	Cedar Park	TX
Feather	Melvin	Germantown	MD
McCoy	Betty	York	PA
Medlin	Susan	San Antonio	TX
Ohl	Jean	Vancouver	WA
Purdy	Dianne	Centreville	VA
Sheets	Fredrick	Palm Bay	FL

1150 Events

Eide	Douglas	Cedar Park	TX
Feather	Melvin	Germantown	MD
Lanpher	Joan	Winter Sprgs	FL
McClellan	John	Port Orange	FL
Ohl	Jean	Vancouver	WA
Purdy	Dianne	Centreville	VA
Wojtysiak	Dee	O Fallon	IL

1200 Events

Eide	Douglas	Cedar Park	TX
Feather	Melvin	Germantown	MD
Miles	Justin	Tulsa	OK
Morzillo	Linda	Saratoga Sprgs	NY
Purdy	Dianne	Centreville	VA
Wilson	Jerry	Madison	WI

1250 Events

Feather	Melvin	Germantown	MD
Marlar	Bart	San Antonio	TX
Miles	Justin	Tulsa	OK
Wilson	Jerry	Madison	WI

1300 Events

Feather	Melvin	Germantown	MD
Fitz	Charles	Topsham	ME
Neily	Darrell	Adelphi	MD
Predham	Sharon	Leesburg	FL
Williams	Jerry	DuPont	WA

1400 Events

Grunewald	Robert	Alexandria	VA
Lofswold	Gary	Sioux Falls	SD

1450 Events

Lofswold	Gary	Sioux Falls	SD
Sponaugle	Ronald	Nipomo	CA
Williamson	Richard	Kent	WA

1500 Events

Thompson	Linda	Williamsburg	VA
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1600 Events

Baltes	Louise	Camas	WA
Schwartz	Kenneth	Seattle	WA

1700 Events

Hedges	John	Tucson	AZ
Long	Sarah	Boulder	CO
Ratliff	Marilyn	Newcastle	CA

1800 Events

Barton	Fred	Tucson	AZ
Baxter	Patricia	Tumwater	WA
Baxter	Wayne	Tumwater	WA
Cordes	Carl	N Las Vegas	NV
Mukasa	Carol	Seattle	WA
Nuss	Barbara	Sacramento	CA
Olson	Kathleen	Ridgefield	WA
Ramsay	Barbara	Belton	MO

1900 Events

Cordes	Carl	N Las Vegas	NV
Mukasa	Carol	Seattle	WA
Pelking	Holly	San Jose	CA
Thurber	Carolyn	Derwood	MD

2000 Events

Wojtysiak	Leonard	O Fallon	IL
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2100 Events

Warhol	John	Puyallup	WA
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2200 Events

Skinner	Eileen	Clifton Park	NY
Yother	Leslie	Leavenworth	KS

2300 Events

Baulch	Clay	Quemado	TX
Miner	Cecilia	Woodbridge	VA
Pritchard	Marietta	Huntsville	AL

2500 Events

Pritchard	Gary	Huntsville	AL
Warhol	Carolyn	Puyallup	WA
Wittenberg	Elisabeth	Tacoma	WA

2600 Events

Ray	Sara	York	PA
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2700 Events

Schmuck	John	Rantoul	IL
Schneider	David	Tucson	AZ
Simmons	Howard	Vacaville	CA

2800 Events

Goodman	Linda	Universal City	TX
Malaski	Gretchen	Oracle	AZ
Wittenberg	Nancy	Puyallup	WA

2900 Events

Hainline	Ed	Happy Valley	OR
Plott	Barry	Fairfax	VA

3000 Events

Hainline	Ed	Happy Valley	OR
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3200 Events

Gowin	Monica	Prince George	VA
Vik	Jean	Corona	CA

3300 Events

Legaard	Jane	Bloomington	MN
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3700 Events

Jackson	Thomas	Biglarville	PA
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3800 Events

Hendricks	Beth	Rapid City	SD
Meeks	Sheila	Beaverton	OR
Meeks	Dwight	Beaverton	OR
Ray	Lynn	York	PA

4100 Events

Kamicka	Gerald	Universal City	TX
Theall	Kevin	Holidaysburg	PA

4300 Events

Kaiser	Charles	Brick	NJ
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4400 Events

Overholt	Regina	Arlington	VA
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4900 Events

Waibel	Klaus	Silver Spring	MD
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5000 Events

Waibel	Klaus	Silver Spring	MD
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5100 Events

Waibel	Klaus	Silver Spring	MD
Yother	Lucy	Leavenworth	KS

5400 Events

Haseloff	Robert	Seguin	TX
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7700 Events

Miles	Kenneth	Tulsa	OK
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BIKE DISTANCE AWARDS

20000 KM

Ray	Sara	York	PA
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30000 KM

Tails on the Trails

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

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

Send to taw@ava.org 

IVV DISTANCE AWARDS

500 KM

Aksnes	Stein	Verdal	NO
Ball	Sherry	Powell	TN
Bradford	Dianne	Chesapeake	VA
Cieslak	Julia	Portland	OR
Hart	Karen	Williamsburg	VA
Huston	Anita	Coal City	IL
Johnson	Benjamin	Karnes City	TX
Sovereign	Melinda	Edmonds	WA

1000 KM

Clark	Jane	Seattle	WA
Elbert	Cheryl	Pierce City	MO
Partlow	Alice	DeLand	FL

1500 KM

Barna	Ronald	Longwood	FL
Kranz	Carolyn	Milton	FL
Remillard	Louise	Scotia	NY
Wanttaja	Janel	Prior Lake	MN

2000 KM

Johnson	Laura	Karnes City	TX
King	Jessica	Kansas City	MO
LeClair	Susan	Simpsonville	SC
Mims	Lavunn	San Antonio	TX
Schultz	James	Janesville	WI
Sherfield	Vorsha	Ingram	TX
Thomas	Margalee	Henderson	NE

2500 KM

Baker	Polly	Indianapolis	IN
Conner	Theresa	Bothell	WA
Edington	Joseph	Davenport	FL
Erlenbush	Linda	Freeburg	IL
Hosler	Barbara	Littleton	CO
Linnebur	Michael	San Antonio	TX
Otani	Robin	Clyde Hill	WA
Thomas	Margalee	Henderson	NE
Yost	Chris	Scotia	NY

3000 KM

Baker	Polly	Indianapolis	IN
Barna	Rosemary	Longwood	FL
Erickson	Paul	Maitland	FL
Hunter	John	Orlando	FL
Levers	Billy	Sauk City	WI
Otani	Robin	Clyde Hill	WA
Perkins	Richard	Severn	MD
Thomas	Margalee	Henderson	NE

3500 KM

Brinkmann	Eric	Sioux Falls	SD
Dollar	Andrea	Alexandria	VA
Gruber	William	New Carlisle	OH
Perkins	Trudy	Severn	MD
Smith	Carolyn	Portland	OR
Thomas	Margalee	Henderson	NE
West	Lee	Wethersfield	CT
West	Carol	Wethersfield	CT

4000 KM

Coon	Claudia	Portland	OR
Czapinski	Terri	Woodinville	WA

Dollar	Andrea	Alexandria	VA
Hatch	Fred	Lawrenceville	GA
Hendricks	Jeffrey	Rapid City	SD
Levers	Beth	Sauk City	WI
Roberts	David	Fredericksburg	TX
Sehrt	Judy	St. Cloud	MN
Thomas	Margalee	Henderson	NE
Wells	Thomas	Snohomish	WA

4500 KM

Cooper	Robert	Clyde	NC
Dollar	Andrea	Alexandria	VA
Krow	Timothy	Port Royal	PA
Lee	Jeri	Camano Isl	WA

5000 KM

Black	Kay	Swanton	OH
Cooper	Robert	Clyde	NC
Lange	Brenda	Lansing	KS
Ridge	William	Harleysville	PA
Trunk	Martha	Falls Church	VA

5500 KM

Alton	Susan	San Antonio	TX
Carbone	Anthony	Bonney Lake	WA
Donhiser	William	Rapid City	SD
Horne	Dayle	Chesapeake	VA
Krow	Joyce	Port Royal	PA
Soenke	Carole	Sacramento	CA
Stucky	Thomas	St Louis	MO

6000 KM

Alton	Susan	San Antonio	TX
Bonewitz	Mindy	Louisville	TN
Brown	Mark	North Ogden	UT
Carbone	Anthony	Bonney Lake	WA
Ives	John	San Antonio	TX

6500 KM

Alton	Susan	San Antonio	TX
Bonewitz	Mindy	Louisville	TN
Bonewitz	Joel	Louisville	TN
Carbone	Anthony	Bonney Lake	WA
Darling	Lea	Burnt Hills	NY
Spaulding	William	Lacey	WA

7000 KM

Bonewitz	Joel	Louisville	TN
Carbone	Anthony	Bonney Lake	WA
Darling	Lea	Burnt Hills	NY
Horne	Daniel	Chesapeake	VA
Noonan	Joseph	San Antonio	TX
Paronis	Irena	Darien	IL

7500 KM

Clark	Sally	Danville	VA
Darling	Lea	Burnt Hills	NY
Koosmann	Laurel	Kent	WA
Paronis	Irena	Darien	IL

8000 KM

Cockrell	Kathleen	Knightdale	NC
Crabill	Sandy	Fort Wayne	IN
Crabill	Tom	Fort Wayne	IN

Cutler	Kathryn	Issaquah	WA
Ellsberg	Patrick	Vancouver	WA
Giddings	Jeffrey	Rockville	MD
Paige	Janet	Federal Way	WA
Sell	Katie	Bellevue	WA

9000 KM

Burkholder	Nancy	Wooster	OH
Eide	Douglas	Cedar Park	TX
Filemyr	Alice	Rockville	MD
Shockey	Donald	Amissville	VA
Williamson	Jeremy	Kent	WA

10000 KM

Eide	Douglas	Cedar Park	TX
Fordyce	Joanne	Boise	ID
Miles	Justin	Tulsa	OK
Pfleging	Dora	Kerrville	TX
Truscott	Jim	Burke	VA
Varnon	Robert	Greenfield	MA
Wilson	Pam	Madison	WI

11000 KM

Arnold	Joseph	Lynchburg	VA
Purdy	Dianne	Centreville	VA

12000 KM

Lanpher	Michael	Winter Sprgs	FL
Ogur	Sherry	Mountlake Terrace	WA
Ohl	Jean	Vancouver	WA
Purdy	Dianne	Centreville	VA
Schneider	David	Tucson	AZ
Wojtysiak	Dee	O Fallon	IL

13000 KM

Purdy	Dianne	Centreville	VA
Wilson	Jerry	Madison	WI

14000 KM

Smith	Donald	Silver Spring	MD
Thompson	Linda	Williamsburg	VA
Trygstad	Roger	Salem	OR

15000 KM

Hedges	John	Tucson	AZ
Lofswold	Gary	Sioux Falls	SD
Silkworth	Gary	Eules	TX

16000 KM

Evans	Connie	Tulsa	OK
Evans	Tommy	Tulsa	OK
Long	Sarah	Boulder	CO
Marlar	Bart	San Antonio	TX
Mukasa	Carol	Seattle	WA
Perkins	Margery	Middletown	OH

17000 KM

Mukasa	Carol	Seattle	WA
Ponse	Shirley	Woodbridge	VA
Ramsay	Christopher	Belton	MO

18000 KM

Baltes	Louise	Camas	WA
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19000 KM

Barton	Fred	Tucson	AZ
Baxter	Patricia	Tumwater	WA
Baxter	Wayne	Tumwater	WA
Kuschke	William	Buda	TX

20000 KM

Ray	Sara	York	PA
Yother	Leslie	Leavenworth	KS

22000 KM

Hainline	Ed	Happy Valley	OR
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23000 KM

Wojtysiak	Leonard	O Fallon	IL
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25000 KM

Hainline	Ed	Happy Valley	OR
Miner	Cecilia	Woodbridge	VA

30000 KM

Ray	Lynn	York	PA
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55000 KM

Tollett	Annette	Hampton	VA
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**To lead people,
walk behind them.**
~ Lao Tzu

**KEEP AVA ON
ITS FEET!**

**big
glve**

Campaing ends
September 10, 2020.

Your support of our mission helps AVA change and grow so more people can realize the benefits of fun, fitness and friendship. - Nancy Wittenberg AVA Vice President Chair, Fund Development Committee

Welcome to the Online Start Box

First steps to becoming an OSB User

By Darrell Neily, OSB HelpDesk and Customer Support

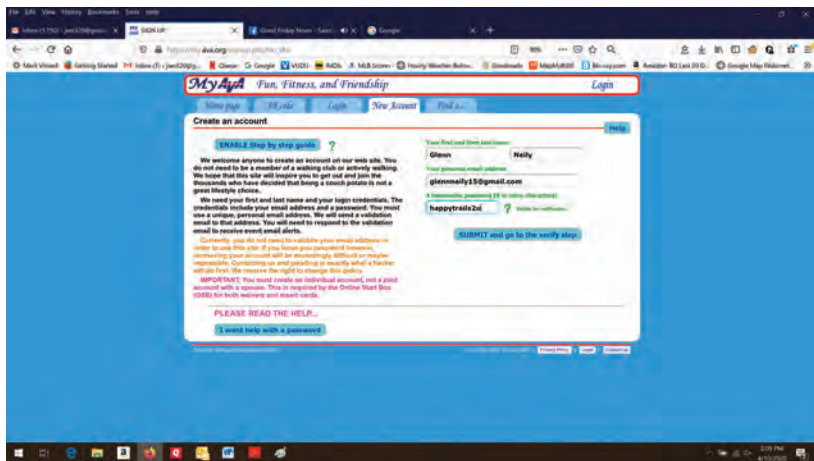
The Online Start Box (OSB) enables Volkssporters to get event directions and IVV credit 24 hours a day, seven days a week (even during a pandemic). Around 10 percent of all Year Round and Seasonal events are now available via the OSB.

To become an OSB user requires just three things: 1) a unique email address (i.e., address not shared with another OSB user such as a spouse), 2) your response to an email sent by the OSB to this address, and 3) completing three very short forms online, including your agreement to the AVA athletic waiver.

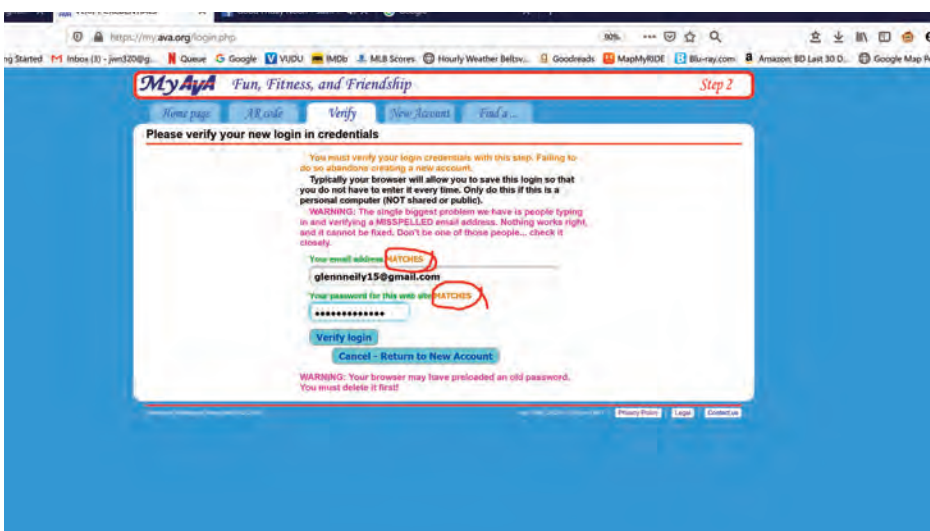
Once you are a registered user, you'll have access to the OSB's many features for finding, registering for and completing events. If you plan to be an occasional user or have limited computer skills, you can arrange for a friend or family member to do the computer tasks for you using the OSB Walk Friend or Account Management features. You must be a registered user for others to manage your account.

Here are the starting steps:

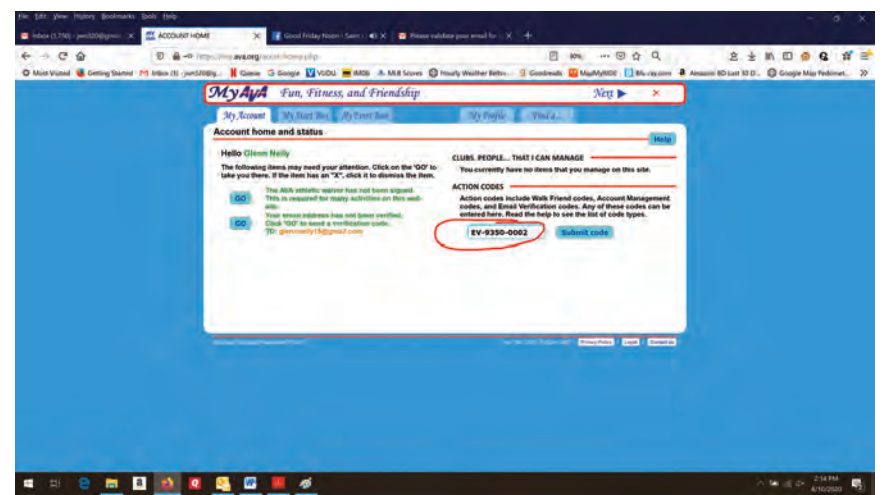
1. Enter my.ava.org in the address bar of your web browser.
2. The homepage will appear.
3. Click the New Account tab at the top.
4. You will see the first of a sequence of eight pop-up instructions. Follow these instructions, OR if you prefer, click the blue button labeled "DISABLE Step by step guide" and continue with the steps that follow.
5. The "Create an account" form appears.
6. Complete this form as illustrated in the following screen shot.
7. Your entries should be similar to the following except for your choice of a password with eight or more alphanumeric characters and the six-digit security code.



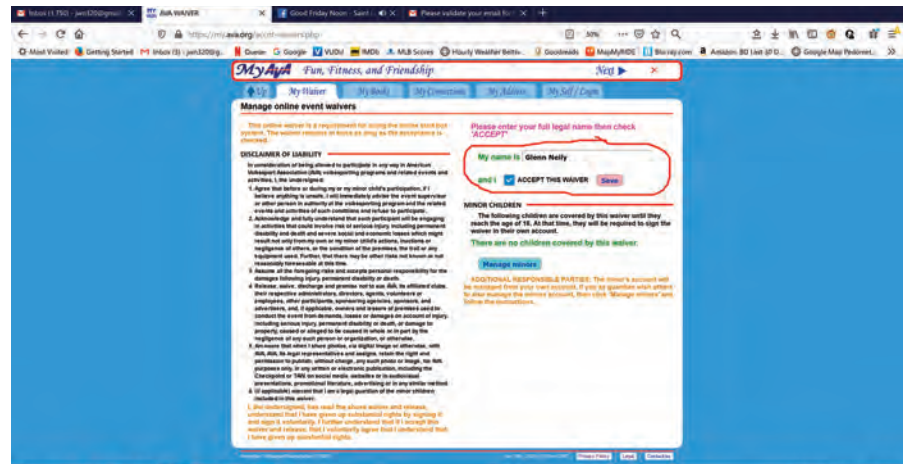
8. Click the blue button "SUBMIT and go to the verify step."
9. The Verify tab appears. At this point, you may skip to Step 16, or follow Steps 10 through 15 to enable you to recover your account if you lose your password in the future.
10. Re-enter your email address and your newly created OSB password (not the password for your email software or website!). The word "MATCHES" should appear above each in brown letters.
11. Click the "Verify login" blue button. This will cause the OSB to send you an email which contains a "VE code."



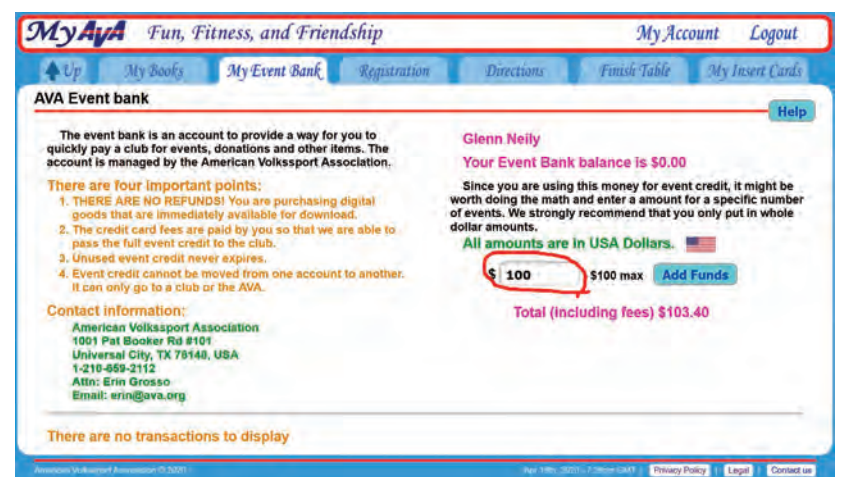
12. Go to your email website or software. In a few minutes, you should see an email from AVA in your Inbox. Open it and note the "EV code."
13. Return to the OSB, and enter this EV code in the ACTION CODES box as shown as shown in the following graphic.
14. Click the "Submit code" blue button.



15. The second of two "GO" blue buttons on the left of the page will disappear, along with the message. Your e-mail address has now been verified.
16. Click the first "GO" blue button to proceed to your athletic waiver.



17. Review the text, then if you accept, type your name, click "ACCEPT THIS WAIVER" and the pink "SAVE" button.
18. Congratulations! You are now a registered user of the OSB. The athletic waiver is in force for as long as you use the OSB. No need to sign start cards for each event on the OSB.
19. The OSB is of limited value until you fund your Event Bank. The minimum deposit is \$2 plus fee. The maximum is \$100 plus fee.
20. Go to "My Event Bank" tab. Enter an amount and click "Add Funds." A fee will be added, ranging from 49 cents for one event, to about 10 cents per event if you buy the maximum \$100 event credit.



21. By popular demand, many Volkssporters asked for the ability to use their credit or debit card to fund their Event Bank. EVO was selected as the platform to accept credit and debit card payments securely. PayPal is no longer accepted as a method of payment.
22. Follow the sequence of instructions to enter your credit or debit card number, expiration date and security code. Click "Add Funds." You are now ready to register for events and obtain "virtual stamps" for all your books.

