



VOLUME 29, NUMBER 6



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

June 2020

www.ava.org

CHECKPOINT



IN THIS ISSUE!

Fun, Fitness, and Friendship!

AVA Finance Dept	1
Important Deadlines	2
Office Hours	2
Event Renewal	2
Starting Point Photo Contest	2
Starting Point Deadline	3
Starting Point Tips and Guide	3
Conv. Tentative Schedule	4
Big Give Update	5
2021 Convention Hotel Info	5
Conv. Bus Tour	5
Element3 Update	6
Nominations	6
Club Support	6

AVA Finance Department

The Board had previously determined that Traditional events that were rescheduled during the 2020 calendar year would not require an additional sanctioning fee. We recommend that all clubs try and reschedule postponed Traditional events, already sanctioned and paid for, within this calendar year. There is no waiver of a processing fee for YRE and Seasonal events because the processing fees make up fifty percent of the forty-dollar (\$40) sanction fee. The National Office will delay billing of the processing fees (sanction fees) for YRE's and Seasonals if requested. Please contact Marian at the National Office should you have any concerns.

If a Traditional event was CANCELLED or cannot be rescheduled for whatever reason, clubs should submit a request to their RD indicating why they could not reschedule the event this year or why it was cancelled. The RD will present this to the National Office who would make the call whether or not to grant a credit for a 2021 sanctioned Traditional event.

Board and Committee Deadlines

July 2020 AVA National Board Meeting Update

Due to the adverse impact on AVA finances because of the COVID-19 virus, the AVA President has decided to **change** the scheduled "in person" meeting this July to an electronic meeting via the internet. A link will be sent to all clubs so they can participate. The meeting times have been confirmed for Friday, July 10th, 6:00 – 10:00 p.m. and Saturday, July 11th, 11:00 a.m. – 8:00 p.m., Eastern Daylight Time.

[Click here for the meeting Agenda.](#)

June 10, 2020 (30 days prior to meeting)

All reports, with support documents, from Officers, Regional Directors, and Committee Chairs are due to the National Office. Email reports to henry@ava.org

[Click here for Officer Report Form](#)

[Click here for Committee Report Form](#)

June 19, 2020 (21 days prior to meeting)

NEC meeting packet with Agenda and all support documents are sent out to Officers and Regional Directors.

A group of Colorado River Walkers from Austin, Texas walked the Lady Bird Lake YRE in downtown Austin on Saturday, May 30. They observed social distances and face masks. - Carol Obianwu



AVA Is Resuming Normal Office Hours

As clubs slowly reopen events in their regions, we remind everyone to take a look at the [Safe Practice Recommendations](#) video on the AVA website and we thank all clubs who have been taking extra precautions to keep our walking community safe!

The National Office will resume normal business hours from 9a.m. – 5p.m., Monday – Friday, effective June 8, 2020. Because we are still dealing with COVID-19, most areas of the office will be closed to the public to include the AVA Museum and conference rooms. However, individuals can still drop in to speak with employees, drop off books, and use the copy machine provided they are wearing a face mask and do not enter the marked restricted areas.

Thank you to all who continue to support the Big Give and clubs who are working hard to keep America Walking during these challenging times. Your efforts do not go unnoticed by everyone at the National Office. You are much appreciated.

Information and Technology Specialist—Hector Hernandez

Electronic Sanctioning Renewal

The sanctioning of our Year Round and Seasonal Events opens June 1. All sanctioned events appear on the AVA website where they can be viewed by seasoned Volkssporters as well as potential new participants.

Clubs have the responsibility of providing good information that will interest people in attending the event and enable them to get there. These events identified as Year Round or Seasonal (beginning February 1) are included in the Start Point Book published annually by AVA. Additional information may be entered from the Edit page and will appear on the AVA Events webpage only under Comments. This provides free information for the clubs and accuracy is important.

[Renewal Instructions](#)

Tips for renewing your YREs and Seasonals.

- Please do not mark your events “No Renewal” if undecided. There is no “undo” button, you will have to re-enter a new ESR.
- For a faster and error free renewal, do a fast and quick renewal without changes. Simply click renew and submit. You may enter your changes or updates by going to the ESR Listing page to edit your event information.
- Your event will disappear from your renewal list if you enter incorrect information. Contact Hector to have your event reactivated if your event disappeared during renewal.
- Most errors occur when entering information in the POC section . Please follow the instructions carefully.

Contact Hector at hector@ava.org for any ESR renewal problems and concerns.

For renewed YRE/SEs, the my.ava.org specific event data are copied from the original 2020 YRE/SE to the corresponding renewed 2021 event soon after the renewed event is picked up by the my.ava.org system from the legacy ESR system. The copied my.ava.org specific event data includes the sell-it features (elevator pitch, brochure, and pictures), the location feature, stamp text, and event direction pdfs (for OSB events).

Starting Point Photo Contest

We have our mask, our phones, and our walks. Let us see those pictures of the “People”, “Places” or “Things” you encounter! Can you capture Volkssporting at its best? Let’s try! Please submit your entries for this year’s photo contest.

The first and second place winners will get their photo printed on the front side (1st place) and backside (2nd place) cover of the 2021 Starting Point book. Winners will also get a complimentary copy of the Starting Point!



Entries are due to AVA National office no later than August 15, 2020. Rules, guidelines and the official entry form are attached in link below. Participation in the nationwide contest is open to AVA members, clubs and state organizations. All entries must have been created or occurred during the time period from July 1, 2019 – August 15, 2020. For more information contact Hector at hector@ava.org.

[Starting Point Photo Contest Rules](#)

[Pre-Order Form](#)

2021 Starting Point Books Print Deadline

Sanctioning of 2021 YREs and Seasonals began June 1, 2020 and ends September 15, 2020. RDs have until September 30 to review their region's events; after September 30 if your club sanctions a YRE or seasonal it will not appear in the 2021 Starting Point Book. For tips and guidelines on entering information in the ESR for the Starting Point Book please refer below to Joanne Forinash's article.

Selma Pathfinders Member—Joanne Forinash

“STARTING POINT” TIPS AND GUIDELINES

The purpose of this publication is to assist the club representatives who enter the information on the ESR (event sanction request) for the sanctioning and renewing of Year Round events (YRE) and Seasonal events (Jan.1 – Dec.31.) Some have said the Starting Point is too big (770 pages in 2020 with 1,844 events). If these guidelines are followed by ALL clubs, we could reduce the size of the Starting Point book by almost 200 pages. In addition, the pertinent information any walker would need to find the location of the start point, get registered and enjoy the walk will be in a short, concise narrative, fitting the information for three walks on one page. For 2020, the book could have been reduced to 644 pages-- (1,844 divided by 3 = 615---770 actual pages in 2020 minus 615 =155 pages less).

Please check your YRE and Seasonal information in the 2020 Starting Point to determine if you need to update it before renewing each walk. The Tips and Guidelines below will only address the areas of concern and those that take the most space in the Starting Point. These areas are addressed in the order they appear on the ESR form.

1. Start Point Address and Driving Directions:

- a. Do not give directions from every city with roads coming into the Start Point City. Pick the major road closest to the Start Point and give simple right/left turns from that road to the Start Point.
- b. Use abbreviations such as: street—st, avenue—ave, road—rd, terrace—ter, circle—cir, highway—hwy.
- c. DO NOT use bold or all caps lettering. This takes more space.
- d. When there are more than one YRE starting at the same location, put the directions to the “Start Point” on the 1st YRE listed. On sequence YREs just put one sentence. (Example: Comfort Inn & Suites, 35000 I-10 W., Boerne, TX. 78006. Refer to the BoerneDowntown (Y1857) for directions to start location). This will save space in the book and help reduce the cost of publication.
- e. This section should be kept to eight (8) lines in the input box.

2. Extended Description:

- a. Make sure the hours of operation of the Start Point are clearly stated. It is not necessary to state “From dawn to 3 hours before dusk.” (See Tip for “Start Time (s) under More Details.) There will be a guide of general directions and instructions in the front of the book that do not need to be repeated on each walk entry.
- b. Do not assume all Visitors centers are open 9 to 5. If the Start Point location is open all the time then simply state “open 24/7.” Keep the hours of operation brief and simple, but clear. It is not necessary to enter each holiday the location is closed. Simply state “closed most holidays.”
- c. If the walker needs to drive to the start of the walk, state here “After registering you must drive to the start. Directions to the start will be in the box.” Do not put driving directions in the Starting Point.
- d. INCLUDE in this section a brief summary of the most important and interesting things to be seen or experienced on this walk. DO NOT give the history of the city/area or expand extensively on the highlights. There is not enough space to put that in the book. Just give “bullet points of the most desired attractions that would draw most people to the walk.

- e. DO NOT put an advertisement for the Start Location business. Just putting their name and location in the book is sufficient.
- f. Keep this section to six (8)* lines in the input section of the ESR form. *The “Start Point Address and Driving Directions” and the “Extended Description” should have no more than 16 lines (in the input boxes) combined.

3. Event Comments:

- a. This section WILL NOT print in the Starting Point. You should not put information in this section that is pertinent to the walker being able to complete this walk.
- b. You may put additional information such as Historical or photos in this area. This will only show up on the AVA website.

Point of Contact:

Tip for “Phone”: Do not put two separate phone numbers (home & cell). The system is designed for only one number and it will combine the two numbers and give an incorrect number. ONLY ONE PHONE NUMBER HERE.

More Details:

Tip for “Event Rating”: The system defaults to 1A. Please double check your entry here and make sure the system has recorded the correct rating that you entered.

Tip for “Start Time (s)”: This does NOT print in the Starting Point. You must include hours of operation of the Start Point in the Extended Description (event info) section of the form.

SPECIAL PROGRAMS:

Do your research and list as accurately as you can ALL of the Special Programs that each walk qualifies for. Keep in mind that even though a program ends (example Dec. 31, 2019-books cannot be purchased after this date) the walkers have a year after that date to complete the program. Please include those programs in your listing along with all current programs and the two new ones beginning Jan. 1, 2020. You will find them on the AVA website under Events – Special Programs—Future. Also listed there are the current programs and those that have ended. It is important that you enter these whether you are an avid supporter of Special Programs or not. You never know when a Special Program listed on your walk is just the one some walker is trying to complete. It is worth the effort.

There is not a space provided on the ESR form to enter the Special Programs. You will have to exit the ESR, go back to the Club Events navigation page and select the “Special Programs” line and then enter the Special Programs for that particular walk. Be sure to submit so the system will take your selections.

I hope this information makes it easy for you to enter your ESR and helps you give the AVA walking family what they need to know to enjoy your walk.

AVA Convention Committee —Jerry Wilson, Chair

2021 AVA Biennial Convention - Tentative Schedule

Please [click here](#) for a tentative schedule of events leading up to and through the 2021 AVA Biennial Convention slated for Madison, Wisconsin. There may be changes, but things are firming up the more we talk through the process.



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

Click image to view our new 2021 AVA Convention page for all your news, updates on events and registration information.

[Click here](#) for Convention survey.



A group of Colorado River Walkers from Austin, Texas walked the Lady Bird Lake YRE in downtown Austin on Saturday, May 30. They observed social distances and face masks. - Carol Obianwu

Our Mission Never Stops

Although it feels like much of the world is on pause, our mission never stops. We are working to ensure that our work continues even as social distancing guidelines and state restrictions have caused us to change the way we operate. Despite these challenges, the AVA continues its mission of promoting health and wellness by bringing to you two new initiatives: "Walking Locally" and "Walking Virtually". We know how important it is to our community to stay active and healthy, so we made walking more accessible by bringing you sanctioned walks around your neighborhood. We also brought you the new C-19 Virtual Online Program designed to convert all your movements into steps, whether it's gardening, dancing to your favorite tunes or working out to an online video. Whatever inspires you to get active! Everything we do is with you in mind.

Because even COVID-19 can't stop our mission, we ask 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, 2020. The Big Give online giving day has been rescheduled for September 10, 2020. If you would like to help us leverage additional Big Give prize money, we encourage you to donate online through thebiggivesa.org (search for AVA) on this day.

Is Your Region Up for the Challenge?

To add a little FUN to our annual FUNdraiser, the region with the most amount raised during our Big Give campaign will win a prize. The Walking Stick of Kindness will be awarded to the winning region and it will be passed down from winner to winner each year. The winning region might even receive additional 2021 Convention perks. More details to come.

Don't Wait, Book Now!

We still have a little over year to go, but rooms are already being booked 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 of \$129 + tax per night (limit 2 people per room). Rates increase to \$139 for three guests per room night and \$149 for four guests per room night. Breakfast will be complimentary for AVA guests staying at this hotel Wednesday through Saturday only (limit of two complimentary breakfast per room). Additional breakfast can be purchased for \$8.00 per person. Parking for overnight guests is discounted at \$8 per night and will be on a first-come, first-served basis. Complimentary airport shuttle is included with your stay, along with a spectacular view of downtown Madison. To make your reservations please dial (800) 356-8293 and ask for the AVA 2021 Biennial Convention block to get the discounted rate or make your reservations online by visiting <https://reservations.travelclick.com/6388?groupID=2812872>.

The Madison Concourse Hotel is the place to stay when visiting Wisconsin, don't miss out on this great rate!

The Madison Concourse Hotel
One West Dayton St.
Madison, WI 53703

A Call to All Bus Tours Attending the 2021 AVA Convention

Our 2021 AVA Convention is nearing, and we want to make sure we have ample rooms reserved for everyone. In previous conventions, we've had tour companies reserve a block of rooms in the host hotel for their tour groups. Tour companies are welcome to do the same this upcoming convention. If you are interested in reserving a block of rooms for your group, please send an email to samanta@ava.org for more information.

THANK YOU!



RAISED

\$54,456.95

big give

Campaign ends
September 10, 2020.

#KeepAVAonitsfeet



AMERICA'S
WALKING CLUB
— ESTABLISHED 1974 —

Monona Terrace Community Convention Center View From Lake



Convention workshops and the General Membership meeting will be hosted in the Monona Terrace Community & Convention Center located at One John Nolen Drive, Madison, WI 53703, just a short walk from the convention hotel.



Element3 Update

We have our mission and we are going to keep moving! **Element3 Health & AVA: America's Walking Club Matching Program** is on the move too! As we adjust our program based on current recommendations and health guidelines, I will be posting updates and new information to GroupWorks.

Also, clubs registered for this program, please check your email and/or GroupWorks for information on an upcoming conference call to check in with clubs and discuss program updates. Those clubs that are not registered but would like more information, please email me at Emily@ava.org and you will receive the conference call details as soon as a date and time are determined. Thank you!

Awards and Recognition Committee—Carl Cordes, Chair

Committee Volunteers Wanted

As Chair of this committee, I am seeking volunteers from across the AVA nation that would like to serve with me. We are responsible for coordinating and implementing procedures that facilitate the nomination and distribution of awards for clubs, individuals and organizations through the National Executive Council and Executive Director. The committee works in partnership using email and electronic meeting sessions, if needed. Please email me at pa_rd@ava.org if interested and include a brief summary of positions you may have held at club, state or national level.

Club Development & Support Committee—John McClellan, Chair

Send comments on COVID-19 Best Practices

If you have re-started your club's events and have been using the AVA's Safety Guidelines for COVID-19, please send us your feedback. clubsupport@ava.org Have you seen the AVA video? Was it effective? What additional lessons have you learned that you can share with us? *Thanks!*

If Your Club Needs Assistance

Section 6 – Club Development & Support -- of the updated **AVA Policy Manual** includes a process for any club to request support such as technical assistance, publicity, event support, or a financial grant for approved purposes. If your club needs help, here's the link for making an application:

http://cb.ava.org/Clubs_Only/2020_Forms/Club_Support_Request_Form_06.04.2020.pdf

Your request goes to your **Regional Director**, or your **State Organization** for those clubs in *California, Indiana, Maryland, North Carolina, Ohio, Oregon, Pennsylvania, Texas, Virginia or Washington*.

Committee Volunteers Needed!

The Club Development & Support Committee is looking for volunteers to join the committee. We welcome any AVA Associates or club members who want to help us solve problems for clubs. At our peak last term, we had representatives from 5 AVA Regions including at least 3 club Presidents. I'd like to continue that broad representation, and, if you are in one of our State Organizations – add that voice as well!

We are *specifically* looking for representatives from these Regions:

Northeast: Connecticut, Maine, Massachusetts New Hampshire, New York, Rhode Island, Vermont

Atlantic: Delaware, DC, Maryland, New Jersey, Pennsylvania, Virginia, West Virginia

South Central: Arkansas, Kansas, Louisiana, Missouri, Oklahoma

Rocky Mountain: Colorado, Montana, Utah, Wyoming

Northwest: Alaska, Idaho, Oregon, Washington

If you are ready to serve – pls contact me. John McClellan johnmc82@cfl.rr.com

Committee Interviews – New Clubs

Our committee is looking to better understand the challenge faced by new clubs in the AVA. If you are leading a club that has started within the last 3-5 years – we'd like to talk to you!

Please contact me at johnmc82@cfl.rr.com and I'll schedule a future date for you to 'interview' with our committee. My thanks!

Support Our National and International Friends



International

**October 29—November 2, 2021 17th IVV Olympiad
Seoul, Korea 2021**
Click on images to enlarge.
[Click here for more information.](#)

National

The BHVA club has cancelled the Spring Crazy Horse Volksmarch due to Covid-19. The club will make a decision on the Autumn Crazy Horse walk by August 26.

**35th Annual Spring Volksmarch
June 6-7, 2020
Cancelled**



From a Distant New York

An interactive viewing experience of the film *The World Before Your Feet*.



JUN
10

**From a Distant New York | An
interactive film screening**

by ATÖLYE [Follow](#)

Free

Register to join "The World Before Your Feet" watch party and conversation. Click image to go to registration page.

Checkpoint Available Via Email to All Club Members Who Request It

To receive an electronic copy of the Checkpoint send your request to Hector at hector@ava.org. Please note on the subject line: Request for Checkpoint.

Reminder: The National Office is closed at 1:30pm every first Friday of the month for employee development.



The American Volkssport Association

The Mission of AVA is to promote and organize noncompetitive physical fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.



1001 Pat Booker Road, Suite 101 · Universal City, TX 78148, Phone 210.659.2112 · Fax 210.659.1212 [Message US](#)