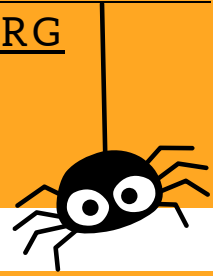




CHECKPOINT

WWW.AVA.ORG



ERIN GROSSO - AVA FINANCE DIRECTOR

AVA NATIONAL OFFICE RELOCATION

We are relocating our National Office 4 doors down! The owner at our current location is selling the property. Fortunately for us, the space we had originally wanted is available for lease and we are going to move in. The space is better, both inside and out, and the rent is cheaper! As of October 15th, 2024 our new address will be:

1032 S Alamo Street, San Antonio, TX 78210
Our phone number will remain the same at (210) 659-2112
Hopefully, we will have a swift and successful relocation.

Please contact the AVA Finance Director, Erin Grosso, with any questions or concerns

TO ALL REGIONAL DIRECTORS,

We are compiling the Necrology List for all of our AVA friends who have passed since the Olympiad in February, 2023. Please contact each of your club Presidents or POC's and ask them to provide this information to you and/or the National Office. Please send all emails to Karen@ava.org and copy Hector@ava.org. These names will be included in a tribute during the upcoming 2025 Convention in Las Cruces, NM. Please contact Karen Winkle with any questions or concerns.

CARL CORDES - AVA BOARD VICE CHAIR

LAST CHANCE TO SUBMIT AVA NATIONAL AWARD NOMINATIONS

The awards program is designed to recognize and honor those that have made significant contributions to furthering the AVA mission. National Award nominations for 2025 must be submitted to your Regional Director no later than November 1, 2024. Use AVA Form 302 for these nominations:

Hall of Fame - This is the lifetime achievement award for the AVA. Should have previously received the Distinguished Achievement award.

Distinguished Achievement – More than just years of service to an individual club. Should have previously received Meritorious Service Award.

Ted Ballman Memorial Youth – An individual or organization inside or outside AVA who has worked to enhance or promote Volkssport programs for youth.

Trailblazer - Significant contribution by an AVA Club to the development of walking trails or to the support of trail related issues.

National Awards approved by Board of Directors will be presented during AVA's 24th Biennial Convention in Las Cruces, New Mexico April 28-May 2, 2025.

Refer to [Recognition Awards](#) in the AVA Policy Manual for awards criteria and nominating procedures.

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PRESIDENT/CEO - HENRY ROSALES**AVA BOARD OF DIRECTORS MEETING NOTICE**

The AVA National Board of Directors will meet Tuesday, November 12, 2024, at 6:00 p.m. Central Time Zone. This will be a virtual meeting on the Office 365 Teams platform. To access the meeting click on the [link here](#). If you have problems accessing the meeting, please contact Hector at 210-659-2112 or email him at hector@ava.org. The meeting link will also be posted on the AVA website with the agenda.

Meeting Deadlines:

October 22, 2024: Agenda items due to the Board Chair, Nancy Wittenberg, at chair@ava.org. Please copy henry@ava.org.

October 30, 2024: Officers, Board Members, and Committees written reports and all supplemental documents for the board meeting are due at AVA National Office. Email reports and all supporting documents to henry@ava.org Please note, submitting a report does not imply that you will be on the meeting agenda. If you would like to be on the agenda, please send your request with the items to be discussed, to the Board Chair by the stated agenda item deadline (October 22, 2024).

November 7, 2024: Meeting information package emailed to Board Members and Deputy Directors

OCTOBER WEBINAR CANCELLED/AVA ONLINE MONTHLY WEBINARS CONTINUE NOVEMBER 20, 2024 @ 7:00P.M. CENTRAL TIME

Due to the office move, the October online webinar has been cancelled. The next AVA online seminar will be Wednesday, November 20, 2024, at 7:00pm Central. We will have a nutritionist as our guest speaker. See the November Checkpoint for more details.

NATIONAL OFFICE MOVE

The National Office will be moving on October 15th, 2024 to another office located four houses down from our current office. The move will save the AVA approximately \$10,000 per year on rent and allow us to stay in an area where we are supported by the local community and the King William Association. The King William Association recently gave the AVA a \$5,000 grant to support with operations. Special thanks to all who came out to support the site visit from the Fleet Feet representative. She really enjoyed the walk and wants to work with us!

Please be sure to send all mail to the new address posted on our website and on the front page of this Checkpoint issue.

BIG GIVE UPDATE

To all who donated to the Big Give, thank you for your generosity and continued support of our organization. The current amount raised is \$83,295 with a little less than 3 weeks until the end of the campaign. After the campaign has ended on October 31, 2024, results of the Big Give prize winners and the Regional winner will be announced. Thank you again for moving us forward!



BIG GIVE - SAMANTA SANCHEZ

Fundraisers

THERE'S STILL TIME! GIVE TODAY

We are thrilled to announce that we have successfully raised \$83,295 to date, bringing us just \$16,705 away from our \$90,000 goal. We extend our heartfelt gratitude to all who have contributed to our Big Give individual donor campaign thus far. A special thanks goes to our incredible Peer-to-Peer fundraisers, whose big hearts and commitment to our mission collectively raised \$9,330. Your generosity shows just how much you care about our mission and the work we do. Thank you for choosing to make a difference through your contributions. With supporters like you, we can continue our mission of promoting health and wellness for individuals of all ages and abilities.

1	Leslie Stone	\$3,550.00
2	Nancy Wittenberg	\$1,600.00
3	Marian DeVaul	\$1,290.00
4	Henry Rosales	\$515.00
5	Hector Hernandez	\$500.00
6	Kathryn King	\$490.00
7	Bob Buzolich	\$450.00
8	Carl Cordes	\$300.00
9	Susan Fine	\$225.00
10	Ed McCabe	\$160.00
11	Erin Grosso	\$125.00
12	Robert McDaniel	\$125.00

If you missed the chance to donate online, don't worry—our individual donor campaign, the Big Give, is ongoing. You can contribute by mailing your donation to the American Volkssport Association at **1032 S Alamo St, San Antonio, TX 78210**. Please note that the final day to contribute to the Big Give is October 31. Don't miss this opportunity to make a difference and leave your footprint!



Stay tuned to our social media channels and the upcoming issues of the Checkpoint for more updates on the Big Give.

[Click here to view our Thank You Video](#)

PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

PUBLICITY UPDATE

TAW deadline is October 25 for the December issue. Please send stories of upcoming events for the New Year and first quarter (and beyond), stories about fellow volkswalkers, photos of past and future walks, and/or suggestions of stories you would like to read. Email taw@ava.org. See the guidelines here. [LINK TO THE GUIDELINES](#).



#Opt Outside is the national movement to take a walk the day after Thanksgiving, instead of shopping on Black Friday. Start planning now for a group walk Friday November 29. We'll have the AVA form in the November checkpoint, so we can list all the #OptOut walks and promote them on social media.

National Walking Month is May 2025. This annual event was moved to May for several reasons: clubs have more flexibility to schedule events over a month, rather than a week; clubs in colder climates can participate since the beginning of April may still experience bad weather; multi-day events may be hosted with possible increase in participation; walkers can experience various events throughout the month from different clubs; and there are more publicity options over a month rather than limited to one week. As you begin to plan your events in 2025, we encourage you to plan something in May. We'll have more information for publicity in future Checkpoints.

Some of you have asked "What are the three states we're walking at the 2025 National AVA Convention in Las Cruces, New Mexico?". It is New Mexico, Texas, and Chihuahua in Mexico. If you plan to walk over the bridge to Mexico, you need to bring your passport (just a friendly reminder). Helen Hull did a great webinar in September on the various walks you'll experience. Also, a local RV park in Las Cruces is taking reservations now, if you are traveling to the convention in your RV. [More info here](#).

CONVENTION COMMITTEE TRAILMASTER - HELEN HULL

2025 LAS CRUCES WALK PLANS

Oh, happy day! We have finally decided on the walks for the 2025 convention. I know that many of you have been eagerly awaiting this announcement. We are planning on offering the pre- and post-convention walks for the entire week of Apr 26 thru May 4 so that you can fit the walks into your schedule. Each walk will be featured on a particular day and will have a manned start table, directions, and stamps available. The pre- and post-convention walks will also be available online as OSB in case you want to do a walk before reaching the Las Cruces and picking up your registration packet. We will be sanctioning the walks soon with more information at that time. Convention registration should be available in a couple of weeks.

Now a list of walks and their featured date:

Sat, Apr 26 – City of Rocks State Park – Faywood, NM

Sun, Apr 27 – Silver City, NM

Mon, Apr 28 – free day for area walks including the University Campus walk in Las Cruces

Tues, Apr 29 – Organ Mountains Dripping Springs – Las Cruces, NM

Wed, Apr 30 – El Paso International Walk to Juarez

or

El Paso Municipal Rose Garden

Thurs, May 1 – Choice of White Sands National Park – Alamogordo

Mesilla Valley Bosque State Park – Mesilla (Las Cruces)

Fri, May 2 – Reverse of Thurs (Mesilla Valley SP or White Sands)

Sat, May 3 – Historic Downtown Las Cruces (to be included next month with the convention walks)

Sun, May 4 – Socorro, NM

Now for the pre- and post-convention walks:



City of Rocks State Park is located halfway between Deming and Silver City, and is the home of giant rocks just begging to be scrambled over and wandered thru. The park is small and has limited parking available. So we will be working closely with the rangers for parking and carpooling options. The park features a flat loop around the park with options to hike to an overlook, or to hike to the top of Table Mountain. Then the walk passes thru the campground and the giant rocks. Hiking boots and poles are recommended for the 10k option to Table Mountain, while the rest of walk is fine with your regular walking shoes. If you are camping, then this park has great camp sites and RV sites available.

Silver City is 30 miles north of City of Rocks State Park and is an old mining town. Our walk will start at Western New Mexico University at 1000 W College Ave in the college plaza. The walk continues to the historic downtown area passing historic sites and charming shops. Be sure and stop at the Silver City Visitor Center and check out the Billy the Kid replicate cabin used in the movie by Ron Howard. After completing the movie, Howard donated the cabin to the city.



The New Mexico State University Campus walk is not actually a pre-walk as it will be available the entire week to help you fill a void in your schedule. The campus walk starts at the Las Cruces Convention Center and ambles thru the campus passing historic buildings, outdoor sculptures, several museums, and the Zuhl Library. Although small (there is another library on campus), the library contains many large polished samples of petrified wood and is worth a quick visit.

Socorro is about 150 miles north of Las Cruces and will start at the New Mexico Institute of Mining and Technology campus close to Baca Hall on Neel St. The walk goes thru the campus and to the historic downtown. It features 2 intersecting plazas and the San Miguel de Socorro Catholic Church. The church was established in 1598, although the present church was completed about 1821. Of major interest is the college's Mineral Museum which features minerals and gemstones from all over the world, something not to be missed.



Next month, we will feature the convention walks.

PROGRAMS COMMITTEE - DIANE HOWELL EVANS, CHAIR

URGENT - IDENTIFICATION OF EVENTS QUALIFYING FOR SPECIAL PROGRAMS



Due to the late notification of the new 2025 "Grain Elevators: Monarch of the Plains" Special Program to clubs there is now an urgency to promptly "Edit" any club hosted 2025 events that qualify for this new Special Program. If you have not already updated your events for the new 2025 Special Program "Walking with the Wild Things", you need to follow the same steps listed below.

1. Click on the "Edit" button for the event.
2. Click on the "Stamps / SP" tile button.
3. Check off the listed Special Program.
4. If finished editing the event, click on the "Save/Review" button.
5. And finally click on the "Publish (make public)" button.

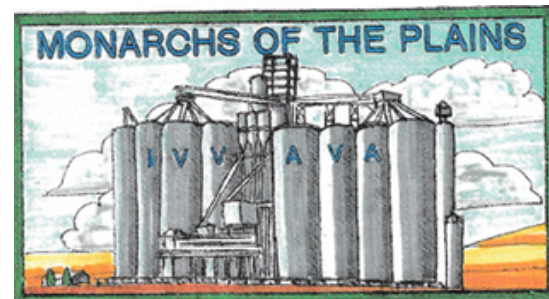
The current deadline for getting 2025 YRE/SE changes in place for the 2025 Starting Point book is October 14, 2024!

If any club needs the Program Committee's assistance in this process, please contact Programs@ava.org.

Thank you for your prompt attention to this request.

NEW AVA SPECIAL PROGRAM BEGINNING JANUARY 1, 2025 GRAIN ELEVATORS: MONARCHS OF THE PLAINS

"Grain Elevators: Monarchs of the Plains" is a new AVA Special Program beginning on January 1, 2025. These "Monarchs" are located throughout the US and Canada and are usually located near railway lines and rivers. Most grain elevators were, until the 1930s, owned by railroad companies but ownership today is generally cooperative or private. The grain-storage facility on a farm is usually called the granary, or crib. They serve a useful purpose for storing grain until it can be moved to the appropriate processing facility. A grain elevator is usually a tall frame, metal, or concrete structure with a compartmented interior. They come in many different shapes and sizes.



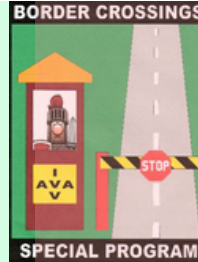
Search for 'grain elevators' and look at the images to see many of the different kinds. You will need to find fourteen of these "Monarchs" to complete the challenge. Any sanctioned YRE, seasonal, or traditional event in the US or Canada that walks/bikes where the participant can view a grain elevator, silo, mill, grain loading facility, granary or grain crib, or one that has been repurposed or re-utilized, qualifies. Your reward for completion will be a multi-colored patch designed by Dorman Batson as shown. This special program is being sponsored by the Woodland Wanderers of Colorado Springs, CO. To purchase a Special Program booklet, send a check for \$12 made out to Woodland Wanderers, and mail to Woodland Wanderers, c/o Sherry Sayers, 3524 N Cascade Ave, Lot #58, Colorado Springs, CO 80907. For more information contact Frank Sayers at: (719)640-6744 or grain@WoodlandWanderers.org. Or visit their website at: <https://WoodlandWanderers.org/Grain>

AVA SPECIAL PROGRAMS

The last date to complete any purchased challenge books and redeem for the AVA Special Program "Great Lakes, Great Fun, Great Fitness and Great Friendships" is **12/31/2024**.



The last date to purchase a challenge book for the AVA Special Program "Town Hall/City Hall" is **12/31/2024**.



EXTENDED - The redemption of already purchased books for the Border Crossing Special Program has been extended to **12/31/2025**. Look for an international walk at the 2025 AVA Convention in Las Cruces, NM.

ACCOUNTING SPECIALIST - MARIAN DEVAUL

QUARTERLY PARTICIPATION

It's time once again to submit your 3rd Quarter Participation Reports, even if you had zero participants. Don't forget, the deadline is midnight on October 31st, and all reports submitted after this date are past due and subject to late fees.

OCTOBER 2024 NATIONAL VOLKSSPORT MONTH PATCH

October is National Volkssport Month. Celebrate by ordering patches using the order form and returning to the National Headquarters. The 2024 patches are \$5.00 each (20% club discount does not apply. Shipping cost is not included)

Mail form to AVA, **1032 S. Alamo St, San Antonio, TX 78210**, or fax form to 210-659-1212. You may also place your order by emailing this form to marian@ava.org. Don't miss this opportunity to offer this collectible patch to walk participants!

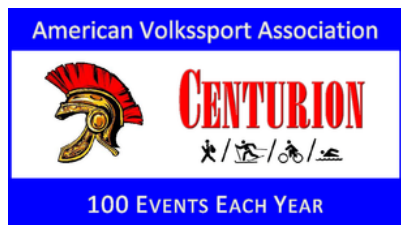


Click image for order form

2025 STARTING POINT BOOKS - PRE-ORDER NOW!

It's time to pre-order your 2025 Starting Point Book. The deadline is no later than midnight, September 30, 2024. Mail form to AVA, **1032 S. Alamo St, San Antonio, TX 78210**, or fax to 210-659-1212. You may also place your order by emailing the form to marian@ava.org. [Click here for order form](#).

2025 CENTURION ACHIEVEMENT CHALLENGE



The 2025 program begins January 1, 2024. You must be an AVA Associate Member (annual or lifetime) to participate in the Challenge. Eligible participants may register for the 2025 Challenge between October 1, 2024 and September 30, 2025 using the official registration form. Please mail forms to AVA, **1032 S. Alamo St, San Antonio, TX 78210**, or e-mail to marian@ava.org.

[Centurion Challenge Instructions](#)

[Centurion Challenge Registration](#)

FINANCIAL

If your club's fiscal year ends on 6-30-24, it is time to file your 990 E-Postcard, Annual Financial Report (AFR), and update your club officers. Both documents are to be submitted to the national office before the November 15, 2024 deadline. An IRS user guide, and the AVA Retention policy for financial and event records have been posted on the AVA website under "Clubs Only". Please submit a copy of your filings to marian@ava.org.

AMERICAN FLAGS

We are grateful to our international travelers for your efforts in promoting the AVA during your overseas journeys. As a token of our appreciation, we are pleased to offer complimentary hand-held flags for you to take and pass out on your next trip.

These promotional flags measure 5.5" wide by 3.75" high and are mounted on a 10" wooden pole. While the flags are free of charge, we kindly ask that you cover the shipping costs, which will be calculated based on the quantity requested and provided at the time of your order.

To place an order or for any inquiries, please contact Marian at marian@ava.org.

Thank you for your continued support.



IT SPECIALIST- HECTOR HERNANDEZ



#OptOutside

For those Clubs who wish to participate in OptOutside this year, AVA will gladly post your events on the website and Facebook. Please fill out the form by clicking the image to the left. This year Black Friday will land on November 29th, 2024 so I will need all submissions for participating Clubs and events to be sent in by November 15, 2024. Please email hector@ava.org for any questions or help with events.

IT COMMITTEE - MIKE GREEN, CHAIR

WEBSITE MAINTENANCE OF [MY.AVA.ORG](http://my.ava.org) IN MID-NOVEMBER

At this time, the AVA IT Committee is planning a mid-week 2 day shutdown of the my.ava.org website in November. During the shutdown, the my.ava.org website will be transferred from it's current web hosting service to the same hosting service and virtual private server used by the ava.org website.

This transfer will reduce web hosting service costs and provide for the possibility of doing future my.ava.org feature development without disturbing the active my.ava.org services.

The required testing to assure this transfer goes smoothly is currently well underway. The exact dates for the 2 day shutdown in November is yet to be determined.

AVA NOMINATING COMMITTEE - ROBERT A BUZOLICH, CHAIR

TO ALL ACTIVE, INTERESTED AND CONCERNED MEMBERS OF THE AVA COMMUNITY:

The notice of AVA national elections in 2025 and call for nominations appeared in the September edition of The American Wanderer, disseminated on September 11, and the September edition of the AVA Checkpoint, disseminated on September 9. WE are still in need of nominations for the four national officer positions of Chairperson, Vice Chairperson, Secretary and Treasurer.

The deadline for submission of a letter of intent was October 6, which is now past.

To date, only two notices of intent have been received. One is for the position of Chairperson, and the other is for the position of Secretary. In view of the response thus far, the Nominating Committee has decided that it is in OUR best interest to EXTEND the due date for the submittal of the Letter of Intent.

Effective October 7, 2024, the new due date for submission of letters of intent is noon (Eastern Time) , Monday, October 21, 2024.

Because of the change of due date for the submission of letters of intent, other suspense dates will be adjusted accordingly, and are reflected in the attached Notice of AVA National Officer Elections.

Please consider competing for one of the national officer positions, as one means of supporting the AVA and insuring that everyone's voice is heard in the deliberations of the AVA Board of Directors. The members of the Nominating Committee may contact prospective nominees to encourage running for a Vice Chairperson or Treasurer.

AVA NATIONAL OFFICER ELECTIONS, EXTENSION OF DUE DATES

Nominations are now being accepted from candidates who seek to be national officers of the American Volkssport Association's Board of Directors: chairperson, vice chairperson, secretary, or treasurer. Elections will take place during the membership meeting at the 2025 AVA Biennial Convention in Los Cruces, New Mexico, starting April 28, 2025. Successful candidates will take office effective at the close of the 2025 Biennial Convention to serve a two year term ending at the close of the 2027 Biennial Convention.

Step 1 in the process is for the candidate to submit a Letter of Intent by email no later than midnight (his/ her local time) Sunday, October 6, 2024. **Effective October 7, 2024, the due date for submission of the Letter of Intent is extended to noon of Monday, October 21, 2024.** The brief letter need only include: office being sought; candidate's name; official mailing address; phone number; and email address. Electronic submission of the letter goes to the chair, Robert Buzolich at nominations@ava.org. A confirmation of receipt will be sent via email, as well as an attachment of Election Guidelines for Officer Candidates. Upon receipt of an individual's intent, the Nominating Committee will vet the individual's eligibility with the National Office based upon the eligibility requirements of Paragraph 4.04 Eligibility -National Officers of the current Bylaws of The American Volkssport Association. Late submission of the Letter, or failure to satisfy the eligibility requirements of Paragraph 4.04 Eligibility -National Officers of the current Bylaws of The American Volkssport Association, will cease further consideration for Step 2 in the nomination process. Individuals, who do not satisfy the timely submission or eligibility requirements will be so notified by email.

Step 2 is for the candidate to submit a Nomination Package by email to the chair, Robert Buzolich at nominations@ava.org **no later than noon (his/her local time) Wednesday, October 23, 2024.** The Package must be consistent with the information in the Guidelines for Officer Candidates, but must contain two items: a biographical article (narrative) in Microsoft Word that is no more than 500 words and a candidate photo in .jpg format. The narrative should include reasons why you are a candidate for office and your goals (tell us what you hope to accomplish if elected). The Guidelines will also contain information regarding campaigning. A confirmation of receipt will be sent via email. Late submission of the package will cease further consideration in this process.

For those candidates who have met the timelines for submission of the nomination package, and whose narratives are deemed accurate, the nomination package will be forwarded by October 25 to TAW for publication in the December issue. However, the Nominating Committee may vet the accuracy of the information provided (e.g. positions held; awards received) . If there is a problem with the accuracy of the information, the Nominating Committee will notify the individual via email for correction. **Corrected narratives must be received no later than 8 a.m. (Eastern Time), Wednesday, October 25 so as to allow its submission to TAW by close of business on October 25.** The Nominating Committee will not correct a narrative's grammar or spelling. Photos submitted will not be altered by the Committee, though the TAW publisher may do so to meet their standards for publication. The nomination package will not be returned.

Basically, what you submit is what the AVA membership will see except in two cases: if the information submitted is found to be in error, or the word count exceeds 500 words. Erroneous information may be deleted. If word count exceeds the limit you will be notified to edit and resubmit your article. If you do not resubmit in time for publication, your article may be edited to delete everything after the 500 word count. So, please be clear, concise and correct with your submission, preferably the first time.

You are entitled to one complimentary bio article and one photograph in TAW. This is considered to be your nomination package. These articles will appear in the December 2024 issue of TAW, which will be printed and released on or about December 1.

Please note that changes to this document resulting from the extension for the submittal of the Letter of Intent are highlighted in yellow.



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.



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.



1032 S Alamo St · San Antonio, TX 78210, Phone 210.659.2112 · Fax 210.659.1212 Message US.