



# CHECKPOINT

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## PRESIDENT/CEO - HENRY ROSALES

### AVA NATIONAL INDIVIDUAL MEMBERSHIP CHANGES

During the AVA Regular Membership Meeting Club members voted to Amend our bylaws replacing Associate members with Individual members and entitling Individual members with most of the same benefits as Club members including the right to vote. This means everyone over the age of 18 who is a member of the AVA National Organization can now vote on any business brought before the AVA Membership. The one benefit that does not extend to Individual members is the right to conduct or sponsor AVA sanctioned events.

In light of these Bylaws changes, Associate and Family membership categories no longer exist. The only categories that now exist are Regular Club Members, State Association Members, Individual Members and Honorary Members. Honorary members may not conduct, or sponsor AVA sanctioned events or vote at meetings of the members.

The AVA National Individual membership cost is \$25.00 per person and includes the following benefits:

-  A 10% discount on most AVA merchandise.
-  A 10% discount on our National Conventions registration full package and other signature events hosted by the National Office.
-  An annual subscription to The American Wanderer (TAW), a national walk publication of the AVA.
-  Each AVA Individual member is entitled to participate in Membership meetings.
-  Each AVA Individual member (18 yrs or older) is entitled to one vote on each matter submitted to a vote of the members.

Although Family membership was never an official AVA membership category, we will continue to offer AVA Individual members the benefit to enroll up to two family members, under the age of 18 and living in the same household, as a family member for an additional nominal price of \$5.00 per family member.

Family members are not Individual members and must be under the age of 18 and therefore not entitled to vote. However, they are eligible for all other benefits. Should you have any questions please contact Erin at [erin@ava.org](mailto:erin@ava.org).

**Lifetime members will continue to receive all the same Lifetime Membership benefits and are now also voting members of the organization. They do not need to do anything further.**

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## NEW MARKETING PARTNERSHIP WITH WIDER CIRCLES

The AVA has an innovative marketing partner with Wider Circles. This company will help clubs engage communities by managing and marketing events on their digital platform called **Hank**.

**Hank** is your go-to for fun, friendship, and connection. This **free platform for adults 55+** helps you discover engaging events--both in-person and virtual--and connect with people who share your interests. Hank is a simple and easy to use free marketing tool to help your club attract more walkers.

[Click Here To Sign Up For Free!](#)

Active in Los Angeles, New York, South Florida, and Fresno regions--sign up to explore what's happening nearby!

## AVA WEDNESDAY WEBINAR, OCTOBER 15, 2025, AT 7:00PM/CENTRAL TIME

The next AVA online seminar will be Wednesday, October 15, 2025, 7:00-8:00pm. Central Time. To register for the webinar, [click here](#) or go to the AVA website homepage. Once you have registered for the Zoom meeting a link will be sent to the email you used to register.

**Guest Host - Robert Buzolich, Mid America Regional Director**

**Presenters:**

*Adam Fractenberg, Director, New Business Development, EBG Solutions*

**Discover the latest perks available to all AVA Members!**

Join our upcoming webinar for a guided tour of the EBG benefits portal, including how members can access and pay for exclusive discounts on services and merchandise.

*Hear from the 50th Anniversary Event Planners*

**Club members are busy preparing an unforgettable 50th Anniversary Walk just for you!**

Join us to hear firsthand from the event planners about the exciting experiences they've lined up for your visit in all ten AVA Regions!

## A SNEAK PREVIEW AT THE JANUARY 21, 2026, AVA WEBINAR....

The Atlantic Region (Karen Kaufman, Regional Director and Ron Jones, Deputy, Regional Director) will host in January a webinar on "How to get New members and Retain Them." The panel will present how each reached out to potential members and how they kept them interested in their clubs. Although this webinar is open to all, the intended audience is club leadership and those interested and/or willing to help grow their club and retain members. Make a New Years Resolution to tune in and get best practices on how to grow your club. Recruiting new members is a great way to celebrate the AVA 's 50th Anniversary!



*CONGRATULATIONS AND THANK YOU TO ALL OUR BIG GIVE DONORS!*

*TOTAL AMOUNT RAISED TO DATE =78,000*

*THERE IS STILL TIME TO CONTRIBUTE BECAUSE THE CAMPAIGN DOES NOT END UNTIL OCTOBER 31, 2025.*

*A FINAL BIG GIVE REPORT WILL BE IN THE NOVEMBER CHECKPOINT*

## AVA FINANCE CHAIR - SETH WERNER

### FROM THE DESK OF THE NATIONAL FINANCE CHAIR

As the National Finance Chair, I help oversee the financial health of our organization and want to make sure every local club is set up for success. Managing finances can feel overwhelming—especially for smaller nonprofits with budgets under \$10,000—and it's easy to run into common pitfalls that cause stress or compliance issues.

I've spent years working with nonprofits and community organizations, helping them manage budgets, stay compliant, and make the most of their resources. I also understand that some clubs have just 2–4 people doing everything, and it can be hard to know where to start.

That's why I'm putting together this series: simple, practical tips to help your club avoid common financial mistakes and stay strong for the long run. Each tip is easy to follow and designed for real-world challenges.

#### #1 Make Sure Multiple People Have Account Access

##### *Avoid Single Point of Failure*

If only one person has access to your bank account, you risk major disruption if they leave or become unavailable. Always have at least two authorized signers and shared view-only access for transparency.

##### Quick Start Checklist:

- ✓ Add at least two signers to your bank account
- ✓ Set up (at minimum) online view-only access for the treasurer and president
- ✓ Document account access in your policies

Resource: Best Practices for Nonprofit Bank Accounts – Nonprofit Risk Management Center:  
<https://www.nonprofitrisk.org>.

*\*Stay tuned for the next tip.*

## SPECIAL EVENTS COORDINATOR - AMANDA JAUREGUI

### 2026 TEXAS TRAIL ROUNDUP

The Texas Trail Roundup, a premier three-day international walking festival hosted in the beautiful city of San Antonio, Texas. Each year, walkers from around the world come together to explore one of America's most historic and culturally rich cities on foot. Whether you are an experienced walker or just starting out, you will experience San Antonio in a way few people ever do. In 2026, we are honored to celebrate AVA, America's Walking Club's 50th Anniversary, recognizing fifty years of promoting fitness, fellowship, and lifelong adventure.

The celebration begins on February 20, 2026, in Fredericksburg, Texas, with a welcoming Opening Ceremony and a 50th Anniversary Walk to kick off this unforgettable weekend. On Saturday, Full Marathon Walk through the heart of San Antonio, followed by a fun social gathering. On Sunday, we will have our half marathon walk and end with our closing ceremony where we will recognize those who have "gone the extra mile" to support the Texas Trail Roundup and IML.

Registration will open up by mid-October. You can look at our website for updates and more information on where you can stay. If you are interested in volunteering for the event, that registration form is up on the website.



## PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

## PUBLICITY UPDATE

We're very excited about the hard work around the country by various clubs and regions to create special 50th Anniversary events throughout 2026. We encourage you to make plans now to attend as many of these 17 events as possible, to join AVA: America's Walking Club in celebrating its 50th anniversary. We will be continuously updating the 50th anniversary website: [ava.org/50th-anniversary](http://ava.org/50th-anniversary), and adding a history timeline, photos, Hall of Fame recipients, and a publicity toolkit. In the meantime, please make your plans for these events:

- **January 9-11** – Boulder City, NV ). Pre-register and more information here. AVA Chairman's Anniversary Weekend, hosted by Las Vegas High Rollers and Strollers
- **February 20-22** – San Antonio, TX Pre-register and more information here. Texas Trail Roundup IML Festival, hosted by AVA: America's Walking Club
- **March 20-23** – Williamsburg, VA Atlantic Regional Conference, hosted by Virginia Volkssport Association
- **April 17-19** – Council Bluffs, IA and Omaha NE North Central 3-day Event, hosted by Nebraska Trailblazers
- **May 17-19** – Lake George, NY Walk the Story that Changed the World: Revolutionary War Battle Sites, hosted by Empire State Capitol Volkssporters
- **June 6-7** – Crazy Horse, SD and Black Hills, SD 40th Anniversary Crazy Horse Memorial Volksmarch, hosted by Black Hills Volkssport Association
- **June 19-21** – Illinois and Indiana Mid-America Regional Conference, hosted by Mid-America Region
- **July 24-25** – San Francisco, CA 50 Works of Art for 50 Years of Walking, hosted by San Francisco Bay Bandits
- **July 28+** - Colorado Springs, CO Garden of the Gods, hosted by Falcon Wanderers
- **August 28-29** – Boston, MA New England & Canada Pre-Cruise Walks
- **September 7** – Mackinaw City, MI Annual Mackinac Bridge Walk, hosted by Mid-America RD
- **September 24-27** – Astoria, OR NW Regional Conference "Walking in the Footsteps of Lewis and Clark", hosted by Oregon Trails State Volkssport Asso.
- **October 16-18** – Arlington, VA 25th Annual IML Freedom Walk Festival, hosted by US FreedomWalk
- **October 28 – November 1** – KS, MO, OK South Central Roundup "Hoofin' It On Halloween Along Route 66" hosted by Sunflower Sod Stompers + Other SC Clubs
- **November 6-8** – Florida 35th Annual Walk Around Florida, hosted by Suncoast Sandpipers
- **November 14** – Dayton, OH OWF Honors Veterans, hosted by Ohio Wander Freunde
- **December 5** – Helen, GA Weihnachten Lights Spectacular, hosted by Alpine Helen Volksmarch Club

More to celebrate: We will be also celebrating our many clubs on social media throughout 2026. Please send a paragraph about your club. Send to [publicity@ava.org](mailto:publicity@ava.org). Here's one we received, to give you an idea:

The Niagara Frontier club has it all: Niagara Falls and Seneca Falls; our walks meet the banks of two Great Lakes and two Finger Lakes- Ontario, Erie and Chautauqua, Seneca; our routes trace the Erie Canal; and, battles of the War of 1812 and for Emancipation were fought in our walk locations. Visit 18 historic walks and view outstanding scenery with the added bonus of learning about America.

And... we want to celebrate our walkers, who are the lifeblood of America's Walking Club. Have you walked all 50 states/51 capitals? Walked all 7 continents? Have a funny story to tell? Whatever it might be, please send to [publicity@ava.org](mailto:publicity@ava.org) so we can share. TAW deadline for the December issue is October 25. Please send stories for TAW to [taw@ava.org](mailto:taw@ava.org).

The Happy Wanderers Walking Club is located in Port Orange, FL on the ocean coast near Daytona Beach in the Southeast Region of AVA. Established in 1991, the Happy Wanderers are an active club with a regular schedule of two (2) walks every week plus additional events throughout the year. We sponsor 19 year-round or seasonal walks including two bike trails and a swim event. Each year, we team with two other Central Florida clubs to hold "Walk Around Florida" - a multi-event weekend volkssporting festival. The Happy Wanderers are consistently in the "top 10" of all AVA clubs in annual participation. You can find us on social media including a website: [www.happywanderersfl.org](http://www.happywanderersfl.org) and on Facebook [www.facebook.com/HappyWanderersAVA](http://www.facebook.com/HappyWanderersAVA) and Meet-Up <https://www.meetup.com/happy-wanderers-port-orange-walking-meetup/> Contact us at — [john.mcclellan86@gmail.com](mailto:john.mcclellan86@gmail.com)

**PROGRAMS COMMITTEE - DIANE HOWELL EVANS , CHAIR****2027 SPECIAL PROGRAM PROPOSALS - DEADLINE**

Did your club have an idea for a new AVA Special Program? Are you currently completing the required application package? This is a reminder that November 1, 2025, is the application deadline for new or re-activated AVA Special Programs beginning in January 2027. Please forward your application, sample award and sample record book no later than November 1, 2025, for review by the Programs Committee. If any questions, concerns or assistance needed in preparation of the application, please contact: [Programs@ava.org](mailto:Programs@ava.org).

**AVA 50<sup>TH</sup> ANNIVERSARY SIGNATURE EVENTS**

Thank you to all the AVA regions and clubs that stepped forward to host one or more signature events to celebrate AVA's 50-year anniversary. The 2026 calendar is now complete with celebratory events every month. The Publicity Committee and AVA's IT Committee is busy designing a web page with the calendar, descriptions and links to each of the

celebratory events. So, start planning now to attend one, several or all the planned events across the U.S. with fellow club members, family and friends. Good times are ahead as you travel this great country, meet other walkers, and promote our sport and healthy lifestyle to local communities.....50 years young and strong!

**ACCOUNTING SPECIALIST - MARIAN DEVAUL****FINANCIAL**

If your club's fiscal year ends on 6-30-25, 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, 2025 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](mailto:marian@ava.org).

**2026 STARTING POINT BOOKS - PRE-ORDER NOW!**

It's time to pre-order your 2026 Starting Point Book. The deadline is no later than midnight, September 30, 2025. This year, due to increased costs of printing and less books being ordered, the price has gone up to \$35.00 per book plus shipping and handling. If we see a decline in interest in ordering this year, this may be the last year we produce a paper book and instead consider creating an electronic version. Please e-mail us with any comments or concerns. Form may be mailed to AVA, 1032 S. Alamo St, San Antonio, TX 78210, or place your order by emailing the form to [marian@ava.org](mailto:marian@ava.org).

[Starting Point Book Pre-Order Form](#)

**OCTOBER NATIONAL VOLKSSPORT PATCH**

Sometimes, great products take a break! Unfortunately, due to low interest and declining sales, we will not be offering a 2025 October National Volkssport Patch. If demand for these patches increases in the future, we may consider bringing them back.

**2026 CENTURION ACHIEVEMENT CHALLENGE:**

The 2026 program begins January 1, 2025. You must be an AVA Individual Member (annual or lifetime) to participate in the Challenge. Eligible participants may register for the 2026 Challenge between October 1, 2025 and September 30, 2026 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](mailto:marian@ava.org).

[Centurion Instructions](#)

[Centurion Form](#)

## AVA 50TH ANNIVERSARY COMMEMORATIVE PASSPORT BOOK

### Celebrate AVA's 50th Anniversary!

In honor of this milestone, participating clubs will host 2026 Signature Events across the country. Join the celebration with the 50th Anniversary Passport Book Challenge — featuring 17 special event signature walks.

- Collect a unique sticker at each walk for your passport book.
- Complete 50% of the passport book to earn a 50th Anniversary souvenir.
- Complete 100% of the passport book to receive a 50th Anniversary souvenir and commemorative t-shirt.
- Program runs from 1-1-26 to 12-31-26 · Submit completed books for redemption to same address, or scan to [marian@ava.org](mailto:marian@ava.org) by June 31, 2027
- For more information on the walks, please visit [ava.org](http://ava.org)

Passport books will be mailed in December, arriving in time for the first January event. The cost of the books are \$15.00 each plus \$1.50 for shipping and handling. Mail form along with payment to AVA, 1032 S. Alamo St., San Antonio, TX, 78210 or email form to [Marian@ava.org](mailto:Marian@ava.org) and call with credit card information..

Completed books are to be mailed to the same address for redemption, or scan to [marian@ava.org](mailto:marian@ava.org) by June 31, 2027

[Order Form](#)

## 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 link below. This year Black Friday will land on November 28th, 2025 so I will need all submissions for participating Clubs and events to be sent in by November 15, 2025. Please email [hector@ava.org](mailto:hector@ava.org) for any questions or help with events.

[Click here to fill out the OptOutside event form.](#)

## NATIONAL EVENTS



## 2ND ANNUAL TAKE A WALK ON THE WESTSIDE TO ELMENDORF LAKE PARK



AVA: America's Walking Club & Family Service  
invite you to come walk with us.

October 18, 2025 8am - 1pm

### A Morning of Walking

- 10k Walk (8am start time)
- 5k Walk (on your own or guided, 8:30am start time)
- 1 Mile Walk (on your own or guided, 9am start time)
- Free Health Fair at start Point  
11:00 am - Live entertainment by multi award winning Elvis Tribute Artist, Travis Hudson  
12pm - Children's Bike give away! Child must be present to win.



Registration Fee \$25: includes T-shirts to all registrants and Medals to all finishers (Kids 12 and under are free)

\*Start and finish point at Family Service Neighborhood Place - 3014 Rivas St.

Register at <https://www.avaonline.com/ava-take-a-walk-on-the-westside-to-elmendorf-lake-park-tickets-138947886092>  
or Scan the QR Code

family-service.org  
ava.org

## First State Webfooters Walking Club 35th Annual Sea Witch Triathlon

Registration \$4.00 ea.

Saturday, October 25th - 8 am

- Events: Walk 5K/10K
- Bike 10.6K-43.6K
- 300 meter Swim



Start/finish Sussex YMCA, 20080 Church St., Rehoboth, DE

This traditional event is in conjunction with the Sea Witch Festival in Rehoboth, a three day Halloween Festival featuring a costume parade, pet parade, live music, games and more

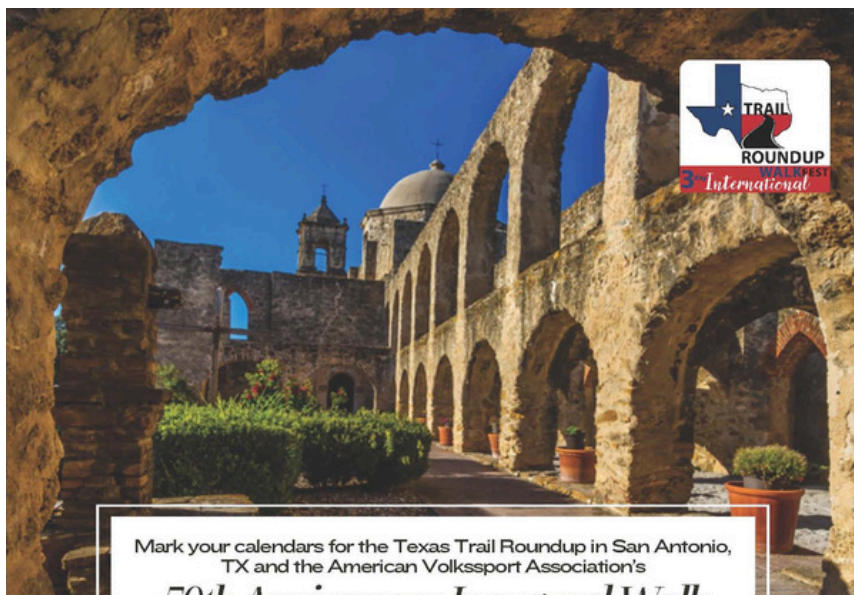
### Join us for the weekend

Friday, October 24th at the Milford Bicentennial Park walk the Historic town of Milford along the Mispillion River, 206 218 NE Front Street, Milford



Sunday, October 26th team up with Freestate Happy Wanderers a short distance to the Boardwalk on Atlantic Ocean OC Convention Center, 4001 Coastal Hwy, Ocean City, MD

Contact: [info@firststatewebfooters.org](mailto:info@firststatewebfooters.org)  
Facebook: 1st State Webfooters



Mark your calendars for the Texas Trail Roundup in San Antonio, TX and the American Volkssport Association's

## 50th Anniversary Inaugural Walk

in the historic town of Fredericksburg, TX.

Three days, two cities, one unforgettable walking event!

FEBRUARY 20-22, 2026



## IML TEXAS TRAIL ROUNDUP - February 20-22, 2026 THREE DAYS, TWO CITIES, ONE UNFORGETTABLE WALKING EVENT!

Mark your calendars for the 2026 TEXAS TRAIL ROUNDUP and the AMERICAN VOLKSSPORT ASSOCIATION'S 50th ANNIVERSARY INAUGURAL WALK! Join us in historic Fredericksburg, TX to commemorate our Inaugural Walk and 50th Anniversary followed by two days of walking in colorful downtown San Antonio, TX. Highlights on the walks include the San Antonio Riverwalk, the Alamo, the UNESCO World Heritage Missions, the Pearl, the Japanese Tea Gardens and more! Distances range from 5K-42K. More event details coming soon. Check out our website at [texastrailroundup.org](http://texastrailroundup.org).

HOPE Y' ALL COME!

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](mailto: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.



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