



WALK WITH PURPOSE, GIVE WITH HEART.

TRANSFORM A LIFE!

PRESIDENT/CEO - HENRY ROSALES

AVA BOARD OF DIRECTORS MEETING NOTICE

The AVA National Board of Directors will meet Thursday, September 18, 2025, 5:00-6:30pm., Central Time Zone. This will be a virtual meeting on the Office 365 Teams platform. To access the meeting click on the link below. 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.

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

[Click here for meeting Agenda.](#)

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.

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 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.

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.

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. Club Leaders: Hank will be attending the August Webinar to demonstrate Hank as a simple and 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, SEPTEMBER 17, 2025 AT 7:00PM/CENTRAL TIME

The next AVA online seminar will be Wednesday, September 17, 2025, 7:00-8:00pm. Central Time. We will highlight the AVA's 50th Anniversary Signature Events! The registration link will be on the AVA website, or you can [click here](#) to pre-register for the event. If asked for a passcode, the passcode is AVA.

Presenters include:

LISC San Antonio

LISC collaborates with communities across the country to transform places and change people's lives. Learn from the experts how to engage local communities to support and participate in your events!

Susan Fine, Chair, AVA Publicity Committee & Diane Evans, Chair, AVA Programs Committee

Learn about the upcoming 2026 schedule of AVA's 50th Anniversary Signature events occurring across the country highlighting each of our 10 regions. We will also discuss the marketing and publicity efforts for these anniversary events, both locally and nationally.

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!

BIG GIVE COMMITTEE
- SAMANTA SANCHEZ, CHAIR

READY TO TRANSFORM LIVES?

Join us in making a meaningful impact with AVA: America's Walking Club during our annual fundraiser, the Big Give! At America's Walking Club, walking isn't just an activity; it's a heartfelt journey that connects us deeply, creating bonds that last a lifetime. By supporting us, you become a vital part of organizing life-changing events that keep people of all ages and abilities not just active, but truly engaged in life.

Picture yourself walking the iconic Crazy Horse Memorial or taking a serene stroll through the San Antonio Missions. Your generous donation makes these unforgettable experiences possible, fostering friendships and enriching lives. With over 90% of our participants over the age of 55, your support is crucial in battling loneliness and isolation. You're not just donating; you're enhancing the physical, mental, and social well-being of thousands, reducing the risks of heart disease, stroke, and dementia. Your gift makes this and other innovative initiatives possible. One exciting project on the horizon is the development of our revolutionary mobile walking app designed to transform walking and friendships. Take the first step towards transforming lives—donate during the Big Give and help us keep the AVA legacy alive!

This September 17-18, from 6 p.m. to 6 p.m., we invite you to be part of the Big Give, our 24-hour online giving campaign. It's your chance to make a meaningful impact from the comfort of your home. Want to make an impact now? Mail your donation checks to the AVA National Office now through October 31st.

TOGETHER, LET'S STRIDE TOWARDS OUR \$100K GOAL. EVERY STEP COUNTS!

Step 1. Save these important dates in your calendar:

September 10, 2025 - Early online giving begins

September 17, 2025, at 6:00 pm CT - 24 hours of online giving BEGINS

September 18, 2025, at 6:00 pm CT - 24 hours of online giving ENDS

Now through October 31st, 2025 - Mail your Big Give donation to the AVA National Office: 1032 S Alamo St, San Antonio, TX 78210

[AVA's online giving website](#)

How You Can Participate during #BigGive2025



1. Mail your donation check to the AVA National Office: 1032 S. Alamo St, San Antonio, TX, 78210. Send checks prior to **October 31st, 2025.**



2. Make an early online contribution anytime from **September 10th to September 16th, 2025.**

3. Make an online contribution on **September 17-18, 2025**, to help us leverage additional cash prizes.



4. Fundraise on behalf of the AVA by creating a Peer-to-Peer page.



5. Ask your employer to match your donation.



6. Donate during the 10 Match Minutes & double your impact.



7. Share our Big Give social media posts using the hashtags **#BigGive2025** **#TransformaLife**





The Big Give MATCH MINUTES

MAKE A DONATION ON

WEDNESDAY, SEPT. 17 @ 6PM

THROUGH

THURSDAY, SEPT. 18 @ 6PM

DURING THE MATCH MINUTES DEPICTED BELOW



Pacific Time

- Sept. 17 | 4:12 PM
- Sept. 17 | 5:12 PM
- Sept. 17 | 6:12 PM
- Sept. 18 | 8:12 AM
- Sept. 18 | 10:12 AM
- Sept. 18 | 11:25 AM
- Sept. 18 | 12:12 PM
- Sept. 18 | 1:12 PM
- Sept. 18 | 2:12 PM
- Sept. 18 | 3:12 PM

Mountain Time

- Sept. 17 | 5:12 PM
- Sept. 17 | 6:12 PM
- Sept. 17 | 7:12 PM
- Sept. 18 | 9:12 AM
- Sept. 18 | 11:12 AM
- Sept. 18 | 12:25 PM
- Sept. 18 | 1:12 PM
- Sept. 18 | 2:12 PM
- Sept. 18 | 3:12 PM
- Sept. 18 | 4:12 PM

Central Time

- Sept. 17 | 6:12 PM
- Sept. 17 | 7:12 PM
- Sept. 17 | 8:12 PM
- Sept. 18 | 10:12 AM
- Sept. 18 | 12:12 PM
- Sept. 18 | 1:25 PM
- Sept. 18 | 2:12 PM
- Sept. 18 | 3:12 PM
- Sept. 18 | 4:12 PM
- Sept. 18 | 5:12 PM

Eastern Time

- Sept. 17 | 7:12 PM
- Sept. 17 | 8:12 PM
- Sept. 17 | 9:12 PM
- Sept. 18 | 11:12 AM
- Sept. 18 | 1:12 PM
- Sept. 18 | 2:25 PM
- Sept. 18 | 3:12 PM
- Sept. 18 | 4:12 PM
- Sept. 18 | 5:12 PM
- Sept. 18 | 6:12 PM

YOUR DONATION WILL BE MATCHED DOLLAR FOR DOLLAR. UP TO \$100!



STEP 2: SET YOUR ALARMS! GIVE DURING THE MATCH MINUTES TO DOUBLE YOUR IMPACT.

Donate online on September 17-18, 2025, and the Big Give will match any donation dollar-for-dollar, up to \$100.00, during their Match Minutes! This year, Amazon is sponsoring a substantial \$25,000 Match Minute on Thursday, September 18, at 1:25 PM CT. This presents a unique opportunity, as the likelihood of having your donation matched during this time is significantly higher compared to the other Match Minutes, which have a total match amount of \$10,000 each. Remember, gifts will only be matched if they are completed within the one-minute or before the \$10,000 match pools run out, whichever comes first. We recommend having your donor/payment information entered and ready to click submit as soon as the Match Minute hits. Match Minute dollars are distributed on a first-come, first-serve basis. Last year, an additional \$1,950 was raised by donors who gave during these times! Set your alarms, give during the Match Minutes, and double your impact!

We encourage all our donors to donate during the match minutes below. You can contribute during any of these time slots. Depending on where you live, the minutes are provided with your specific time zone.



AMERICA'S WALKING CLUB
— ESTABLISHED 1974 —

Walk with Purpose.

The Big Give

Give with heart, transform a life.

TAKE THE FIRST STEP! GIVE TO THE BIG GIVE ON SEPTEMBER 17-18 | 6PM - 6PM.

PEER-TO-PEER FUNDRAISING

7 STEPS TO RAISE \$1,000

Make the First Donation

to your own fundraiser to set an example. (\$50)

Ask 3 Best Friends

To donate \$50 each to your campaign. (\$200)

Make 4 Facebook Posts

to encourage support for your fundraiser and get 10 friends to donate \$20 each. (\$400)

Go on a Group Walk

and ask 6 fellow walkers to give \$25 to your campaign. (\$550)

Send an Email

to 10 family members, asking them for \$25 each. (\$800)

See if 8 people

from your church, walking club, or book club will donate \$20. (\$960)

Challenge 8 coworkers

to skip their morning coffee to help support health and wellness and donate \$5 to your campaign instead. (\$1,000)

Don't Get Discouraged!

Not everyone will give. If someone says no, you can always make up the donation amount in one of the other steps. You'll be surprised at how generous people can be.

STEP 3. GET INVOLVED! BECOME A PEER-TO-PEER FUNDRAISER

Take an active role in supporting our mission by becoming a Peer-to-Peer fundraiser for the AVA during The Big Give 2024. Creating your fundraising campaign is fun and easy as 1, 2, 3, and every dollar your friends give to your Peer-to-Peer campaign will count towards our \$100,000 goal. Each year, the majority of our new donors are gained from participating in Peer-to-Peer fundraisers. One campaign can bring up to four new donors! If you would like to create a Peer-to-Peer page, please follow this [step-by-step guide](#) or view our short [Peer-to-Peer how-to video](#). Once you have created your page, use our [Peer-to-Peer toolkit](#) for social media and email messages, and tips on how to personalize your page. Share your story, make a video, get creative - but most importantly, have fun! If you need additional assistance with setting up your page, please contact Samanta at samanta2@ava.org.

STEP 4. ASK YOUR EMPLOYER TO MATCH YOUR DONATION

Does your employer have a Matching Gifts program? Make the ask. You may be surprised by what you can accomplish just by asking a simple question to your employer. It can go something like this, "Will you consider matching employee donations to the AVA?" If your employer says yes, imagine what you can contribute to this year's Big Give. Even if your employer doesn't match the funds, don't be discouraged. If your employer donates any amount because of your question, consider your fundraising efforts a success.

STEP UP TO THE CHALLENGE!

A highlight of our annual fundraiser has been the fun and competitive Big Give Regional Challenge. The Southwest Region impressed us by raising an extraordinary \$22,139 in 2023, followed by an even more remarkable \$28,184 in 2024. Which region will rise to the occasion in this year's Regional Challenge? Which will be honored as the ultimate giving champion and claim the prestigious 2025 Walking Stick of Kindness? Stay tuned to find out.

Donors from the winning region will also receive special recognition during our 2027 Convention and a Front of the Line Pass. This Pass includes front-line access to all AVA food and beverage catered events like lunches, socials, and gala dinner during the 2027 Convention. All donors who attend the Convention will be invited to a special reception with our Board Chair, Carl Cordes.

The AVA Gives Back. Donate and enter for a chance to win exciting raffle prizes!



AVA GIVES BACK

Prizes



FREE SANCTIONED TRADITIONAL EVENTS - FOR EVERY 25 CLUBS THAT DONATE, ONE FREE TRADITIONAL SANCTIONED EVENT & ONE 50TH ANNIVERSARY T-SHIRT WILL BE RAFFLED.

2026 STARTING POINT BOOKS - FOR EVERY 50 UNIQUE DONORS, ONE 2026 STARTING POINT BOOK & ONE 50TH ANNIVERSARY T-SHIRT WILL BE RAFFLED.

Grand Prize

50TH ANNIVERSARY EVENT- ONE AVA CLUB AND ONE INDIVIDUAL WILL HAVE THE OPPORTUNITY TO PARTICIPATE IN THE AVA'S 50TH ANNIVERSARY EVENT AT THE CRAZY HORSE MEMORIAL VOLKSMARCH, HOSTED BY THE BLACK HILLS VOLKSSPORT ASSOCIATION, JUNE 6, 2026. THE PRIZE INCLUDES ONE INDIVIDUAL 2-DAY WALK PASS AND A FREE 2-NIGHT, DOUBLE OCCUPANCY, HOTEL ACCOMMODATIONS IN RAPID CITY, SD. IT DOES NOT INCLUDE TRAVEL EXPENSES.

NEED SOME INSPO FOR YOUR FUNDRAISER STORY?

Think about these questions to help you share your personal connection to our organization and mission.

- What made you decide to get involved in the AVA?
- Why did you choose to participate in the Peer-to-Peer fundraising initiative?
- What do you wish everyone knew about the AVA?
- What is your favorite program or service and why?
- How do you feel after volunteering or participating in our programs?
- Why do you enjoy giving to the AVA?
- Why do you enjoy walking?
- Share your favorite walking story.

PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

PUBLICITY UPDATE

Why do I give to the Big Give? Volkswalking is a passion of mine for three reasons:

- It helps me to discover new areas, parks, cities, and so much more, that I would never have found without AVA clubs creating walks to showcase the best in their areas. We plan our travels for our walks.
- Some of my dearest friends are walkers, whom I found through volkswalking. When we travel, we meet new friends who share our excitement in learning, walking and talking.
- The health benefits of walking have been written over and over, and I guarantee it has helped me. My family history is one of chronic diseases; so far, I'm fortunate that I don't have these complications, and I give AVA and walking the reason for my health. Walking is also therapeutic and relaxing.

I hope you will give during The Big Give (insert link) September 17-18. With your donation, AVA can continue to help all of us with fun, fitness, and friendship.

During the 50th Anniversary Celebration of America's Walking Club in 2026, there are "featured" anniversary events each month in different regions. The September TAW has an article about the walks. But we want to highlight January and February now, so you can alert your members to make travel plans to celebrate this momentous milestone:

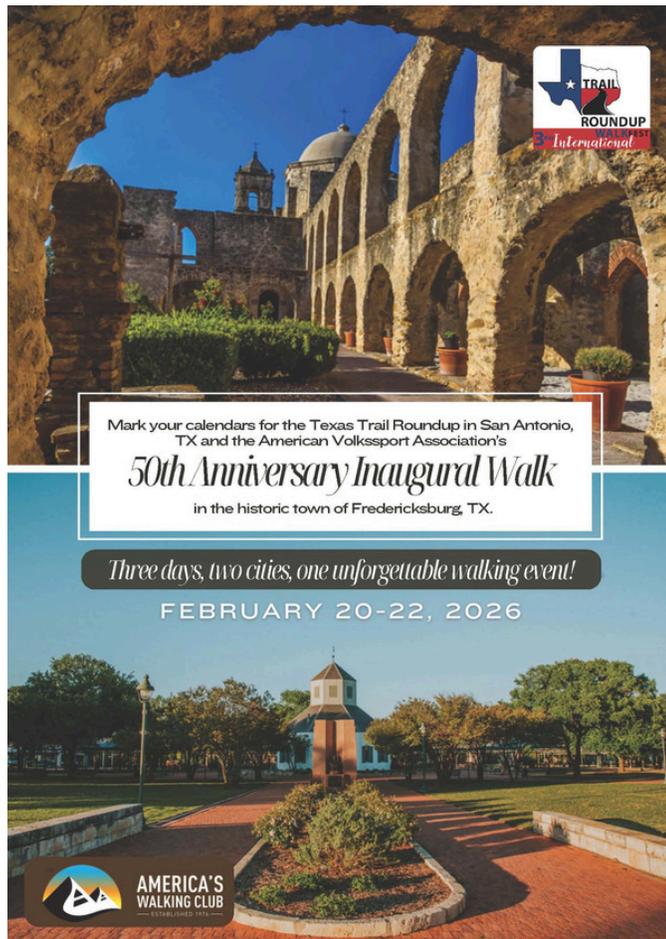
**January 9-11 – Boulder City, NV (Pacific Region)
– Chairman's Anniversary Celebration**

Carl Cordes, Chair of the AVA Board, has planned a three-day kickoff celebration in Boulder City, NV, 25 miles south of Las Vegas, and home of Hoover Dam. Sponsored by the Las Vegas High Rollers and Strollers, there will be a mix of self-guided and group walks, as well as two socials. Walks include the Historic Railroad Tunnels Trail in the Lake Mead National Recreation Area, Bootleg Canyon, and Veterans Memorial Park. A fajita group dinner will be Friday night. Saturday evening, the city is sponsoring the Best Dam Wine Walk through historic Boulder City, which counts as a 5K (and we get a discounted price of only \$15). Pre-register and more [information here](#). Special room rates at the [Best Western Hoover Dam Hotel](#).



February 20-22 – San Antonio, TX (Southwest Region) – Texas Trail Roundup IML

The annual IML Texas Trail Roundup returns in 2026 to San Antonio, TX, one of only two IML events in the United States. Friday will be the 50th Anniversary Walk in Fredericksburg, TX where the first volkswalk took place in 1976. The walk will take you through this beautiful hill-country town of German heritage, with many shops and restaurants. Buses will take you back and forth for this milestone event. Saturday the IML kicks off in San Antonio with 42K and 21K events, along with 12K and 5K events. Sunday choose walks of 21K, 10K and 5K. Registration opens soon: texastrailroundup.org. Special room rates at [Springhill San Antonio Downtown/Riverwalk](#)



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.

HOPE Y' ALL COME!



We are working on a special 50th Anniversary webpage, with the history of AVA, publicity tools for your events/clubs, logos, talking points, and more. We'll send the website link when finished. This website will be fluid, with continuous updates, as we hear from our members on what they need to promote the year-long celebration.

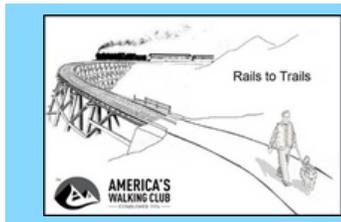
The publicity committee will also feature YOUR walking club on social media. So we need you to send us a quick paragraph about your club. Here's a sample:

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 and on Facebook www.facebook.com/HappyWanderersAVA and Meet-Up <https://www.meetup.com/happy-wanderers-port-orange-walking-meetup/> Contact us at — john.mcclellan86@gmail.com

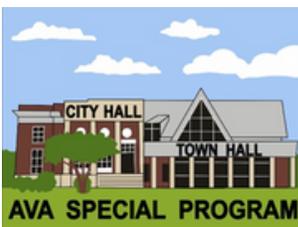
PROGRAMS COMMITTEE - DIANE HOWELL EVANS , CHAIR

AVA SPECIAL PROGRAMS

REDEMPTION - The last date to redeem a challenge book for the AVA Special Programs "Border Crossings" and "TownHall/City Hall" is 12/31/2025.



EXTENDED – To celebrate the 40th anniversary of the Rails to Trails Conservancy along with AVA's 50th in 2026, the "Rails-to-Trail" Special Program has been extended to 12/31/2026 for the purchase of record books and 12/31/2027 for the redemption of completed books.



NEW for 2026 – Anniversaries Hurrah which celebrates both AVA's 50th and the U.S. 250th celebrations. For more information check out the Special Program article in the September TAW or visit the Future Special Program webpage at: <https://cb.ava.org/futureprog.php>.



FIRST STATE WEBFOOTERS - KATHY KRESKO , TREASURER

SEA WITCH SAVE THE DATE

The First State Webfooters Walking Club of Delaware will host their 35th Annual Sea Witch Triathlon, Saturday, October 25th at the Sussex YMC, 20080 Church Street., Rehoboth Beach, DE Start time 8AM.

Our traditional event is in conjunction with the Sea Witch Festival in Rehoboth Beach, Delaware. The festival is a three-day Halloween festival that takes place annually in October. It will be held from Friday, October 24th to Sunday October 26th. The festival features a Costume Parade, along Rehoboth Ave, Pet Parade, on the boardwalk live music, games, and more.

We plan to book end the weekend with our YRE in Milton, DE on Friday, Oct 24th and on Sunday, Oct 26th partner with the Freestate Happy Wanderers for a walk and bike in Ocean City, MD. Stay tuned or check the AVA website for more information. COME JOIN US FOR FUN, FITNESS AND FRIENDSHIP.



DE250

What is DE250 1776-2026. The year 2026 is important in so many ways. America will celebrate 250 years of independence; Delaware 250 is the organization set forth to help plan the statewide celebrations.

This milestone anniversary provides an opportunity to reflect on Delaware's unique story and its contribution over the course of the Nation's history. Delaware separated from Pennsylvania June 1776 and is the first state to ratify the Constitution in 1787, and so much more.

The First State Webfooters has been accepted in the DE250 Partner Program. We are looking forward to working with DE250 in this once-in-a-generation opportunity of planning for the United States Semiquincentennial. The benefits of this partnership is promotion of the organization's news and events, via DE250's social and traditional media channels. Invitation to list our events and programs on Delaware Scene's events page. As a nonprofit partner, we will be listed with the State historic sites, museums, Heritage Parks, Historical Society and more.

More information to come of our upcoming group walks, YRE and traditional events for 2026. Our club will be celebrating 45 years young. Come join us!

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.

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.

[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.

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 16 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.
- For more information on the walks, please visit ava.org.

Passport books will be mailed in December, arriving in time for the first January event. The cost of the books are \$10.00 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 and call with credit card information..

Completed books are to be mailed to the same address for redemption, or scan to marian@ava.org by June 31, 2027

[Order Form](#)

NOLA CRUISE - ROBERT MCDANIEL

NOLA BOUND! AVA MEMBERS, FAMILY & FRIENDS – U.S., CANADA & GERMANY TOGETHER!

We've got something special planned to help everyone — walkers, cruisers, and guests alike — make the most of our time in New Orleans!

Join us for a virtual meeting with two amazing local experts:

- 📌 Rachael Funel – Senior Tourism Sales Account Executive, New Orleans & Company
- 📌 Michelle Mueller – Senior Sales Manager, Key Accounts, New Orleans Steamboat Company / Gray Line Tours & Transportation

- 📅 Date: Thursday, September 25, 2025
- 🕒 Time: 3:30 PM (Central Time – CST)
- 📍 Where: Virtual (link coming soon!)

These two ladies know New Orleans inside and out and will share tips on:

- 🌟 What to expect when you arrive
- 🌟 How to get involved with fun experiences and tours
- 🌟 Ways to take your “Electric City” experience to the next level

We already have some exciting events lined up — AVA walks, museum meet-ups, and more — but this session is perfect for anyone looking to discover even more of what New Orleans has to offer.

- 💡 Bring your questions! This is your chance to get insider recommendations and make sure your pre-cruise stay is unforgettable.
- ✉️ RSVP: Email Rob McDaniel at rob.mcdaniel@cruiseplanners.com to receive your invite. Can't make it live? We'll share the recording afterward.

**SUPPORT AMERICA'S
WALKING CLUB AND
GIVE ONLINE ON
SEPTEMBER 17-18,
2025 | 6PM - 6PM.**

GO TO AVA.ORG
OR SCAN THE QR
CODE TO GIVE
ONLINE.



IT SPECIALIST - HECTOR HERNANDEZ

YEAR ROUND EVENT RENEWALS

RD's please review and approve all events by September 15, 2025 in order to get them into the 2026 Starting Point book. Any approvals after the 15th do not guarantee a section in the 2026 Starting Point book.



ava.org

Enjoy a Walk with
AVA: America's
Walking Club

AMERICA'S
WALKING CLUB
ESTABLISHED 1976

#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 for any questions or help with events.

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

First State Webfooters Walking Club
35th Annual Sea Witch Triathlon

Saturday, October 25th - 8 am
Events 5K/10K Walk
Bike 10.6K-43.6K +
300 meter Swim
Start/finish Sussex YMCA, 20080 Church St.,
Rehoboth Beach Delaware



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, Oct 24th at the Milton YRE
walk on the Broadkill River - Online
Start Box
Sunday, Oct 26th
teaming up with
Freestate Happy Wanderers
a short distance to Boardwalk
on Atlantic Ocean
OC Convention Center
4001 Coastal Hwy,
Ocean City, Maryland



Contact: Karen Fernandez
fdezjuankaren@comcast.net
410-802-6106

NATIONAL EVENTS



Hike in the Lincoln National Forest
Ruidoso, New Mexico
October 10-12, 2025



Come and join us for the 24th
US FreedomWalk
17-19 October 2025



Walk 10
Arlington USFreedomWalk.org
An International Walking Experience

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.



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