



American Volkssport Association  
 1001 Pat Booker Road, Suite 101  
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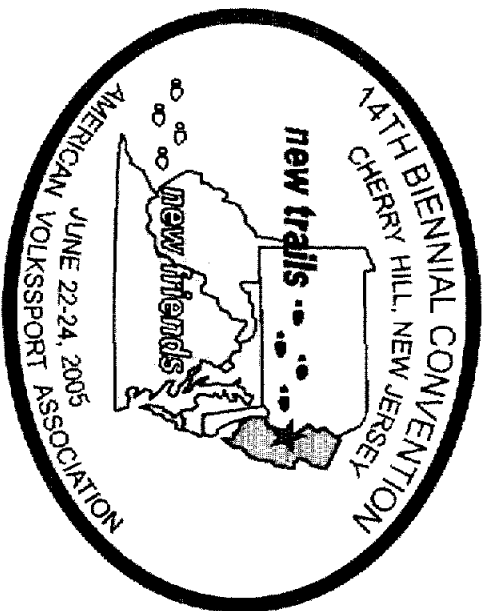
**14<sup>TH</sup> BIENNIAL CONVENTION**

**OF THE**

**AMERICAN VOLKSSPORT ASSOCIATION**

**CHERRY HILL, NJ**

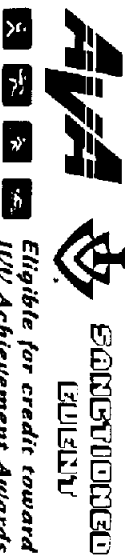
**JUNE 22 – 24, 2005**



**REGISTRATION BROCHURE**

*The Menu*

[www.2005avaconvention.org](http://www.2005avaconvention.org)



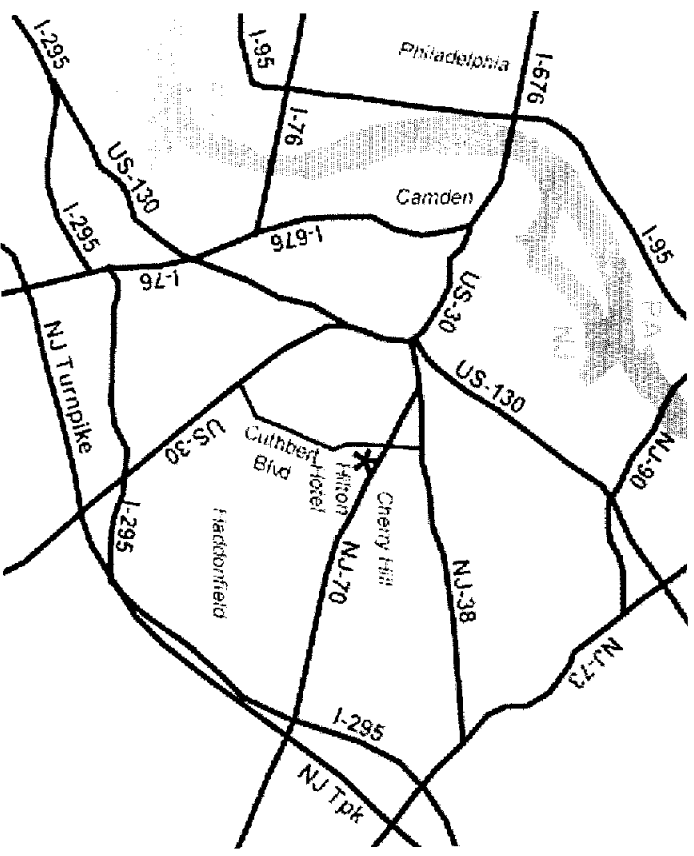
*The Entree*  
**BE PART OF AVA'S 14<sup>TH</sup> BIENNIAL CONVENTION**  
**"New Trails... New Friends..."**

The American Volkssport Association will hold its 14th Biennial AVA Convention from June 22 through 24, 2005 at the Cherry Hill Hilton in Cherry Hill, New Jersey.

The Atlantic Region welcomes all AVA members to our diverse region. We hope you will enjoy the convention and its walks.

This registration brochure provides details only for the convention; that is, for the activities from the Welcome Social on Tuesday, June 21st, to the closing banquet on Friday, June 24th. Details on the "Appetizer" events, 5/10 km walks in West Virginia, Virginia, Maryland, District of Columbia, and Pennsylvania on the days before, and on the "Dessert" events, 5/10 km walks in New Jersey and Delaware on the weekend after, are provided in a separate brochure.

This convention packet provides information needed to register for convention events, social activities, and the fun and excitement of a Volkssporting convention. Additional copies of the convention



registration packet may be obtained by contacting National Headquarters, the 2005 AVA Convention Committee, the 2005 AVA Convention website, your Regional Director or copying this brochure yourself.

We hope you will join us and enjoy the "The Spirit of Walking" while you renew old friendships, make new friends, learn about health and fitness, and participate in great Volkssporting events.

Please send in your registration today!

**REGISTRATION**

All convention participants must register. Volkssport Associate Members and children receive discounts on the **TOTAL MEETING PACKAGE** during the preregistration period only (*available through May 2*). The convention registration fee applies to activities scheduled at the convention site for June 21 - 24.

**TOTAL MEETING PACKAGE**

- Exhibit Hall (*all days—box lunch included*)
- General Sessions
- Workshops
- Tuesday Meet and Greet
- Thursday Luan
- Friday Banquet
- Three Convention Walk Events with Award

Transportation tickets are *not* included with the exception of the June 23rd walking event. This package saves you money over the à la carte prices. This package will only be offered during pre-registration which ends on May 2, 2005.

**THE TOTAL MEETING PACKAGE FEES ARE LISTED BELOW.**

**Registration postmarked by May 2, 2005**

Volkssport Life Member	\$315.00
Volkssport Associate Members	\$330.00
Others (over 13 years old)	\$350.00
Others (3 to 13 years old)	\$165.00

If you do not want the **TOTAL MEETING PACKAGE**, you may register for just the activities you wish to attend.

**No Registration postmarked after May 2 will be accepted.**  
**These registrations must be completed on site.**

## SINGLE DAY REGISTRATION

Individuals who are unable to register for the entire convention may purchase one-day registrations at \$65.00 per day. Each one-day registration includes access to convention workshops, the exhibit hall, a box lunch and access to the general session on the selected day.

## À LA CARTE PRICES

You may choose from the following menu.

- Box Lunch — \$15.00 per day
- Exhibit Hall One Day pass — \$30.00  
(box lunch included)
- Exhibit Hall Two Day pass — \$55.00  
(box lunch included)
- Tuesday Social — \$45.00
- Thursday Luau — \$45.00
- Friday Banquet — \$50.00
- Workshops — \$20 per day (Wednesday / Thursday)
- Workshops — \$10 day (Friday only)

## CANCELLATION POLICY

The National Headquarters must receive cancellations in writing. Only cancellations postmarked prior to May 2, 2005, will qualify for a refund. The National Headquarters will deduct a \$75.00 administrative fee for all refunds postmarked prior to May 2. No refunds after May 2. No refunds will be given at the convention site. Refund checks will be mailed.

## DELEGATE / ALTERNATE / PROXY DESIGNATION

The American Volkssport Association National Secretary is responsible for the rules and procedures for delegate, alternate and proxy designations by State Organizations and Member Clubs. The National Headquarters will provide instructions and forms to the State Organizations and Member Clubs.

All delegates, or their alternates, must be registered for the convention to attend the general sessions.

## HOUSING

The Convention Committee recommends the headquarters hotel, the Cherry Hill Hilton, located at 2349 West Marlton Pike, Cherry Hill, NJ 08002. The AVA Convention room rate is \$105 per room per night plus tax. Request the AVA Convention rate when registering. The hotel is also the convention site. The telephone number is 1-856-665-6666, the fax number is 1-856-662-3676.

## CAMPGROUNDS

Timberland Campground	Lake Kandle
117 Timberland Road	250 Chapel Heights Road
Clarksboro, NJ	Sewell, NJ (near Glassboro)
Parvin State Park	New Jersey State Parks
701 Almond Road	Wharton State Forest Park &
Pittsgrove, NJ	Byrne State Forest Park

*For more details on the camping facilities see [www.2005avaconvention.org](http://www.2005avaconvention.org)*

## GENERAL TRANSPORTATION

All convention attendees are responsible for arranging their own transportation to Cherry Hill. If you plan to fly, the nearest major airport is Philadelphia International Airport approximately 12 miles away with Newark (NJ) International approximately 75 miles away and Baltimore-Washington International approximately 116 miles away. AVIS is the official rental car agency for the convention. Access the AVIS special offer through the convention website.

## EVENT TRANSPORTATION

Bus transportation will be available for a nominal fee to the convention event walks for Atlantic City and Haddonfield, and to the luau dinner at Auletto's. Dogs are not allowed on the buses.

- Wednesday, Atlantic City walk — \$20.00
- Thursday Luau — \$7.00
- Friday, Haddonfield walk — \$5.00

NJ Transit (train) is an option to travel to the Atlantic City event. The station is less than a mile from the Cherry Hill Hilton behind the Shop Rite Food Store. Cost is \$6.60 for a roundtrip ticket. Ticket vending

machines are on the platform at the train station. The train ride is about one hour one way. The train runs every hour. Parking is free at the Shop Rite parking lot. Transportation from the Atlantic City train station to the Boardwalk is located outside the station. The fee is \$1.50 one way.

### SOCIAL ACTIVITIES

An AVA Convention would not be complete without social activities where volkssporters can renew old friendships and meet new people. At the 2005 Convention, several social activities will offer attendees this opportunity.

**Tuesday, June 21:** The traditional Welcome Social will be in the Ballroom of the Cherry Hill Hilton Hotel. Attendees will have an opportunity to visit all of our exhibitors while enjoying "A Taste of Philadelphia", featuring many of our local specialties (cash bar). The event hours are from 6:00 p.m. to 9:00 p.m. Dress is casual. Volkssporters are encouraged to wear their club shirts. Tickets for this event are included in the **TOTAL MEETING PACKAGE**. A limited number of à la carte tickets will be available for purchase at Convention Registration at \$50.00.

**Thursday, June 23:** Enjoy an Atlantic Luau at Auletto's in nearby Almonesson, New Jersey. The meal (cash bar) will be followed by Waikiki Hawaiian Review (live music and entertainment). Wear your grass skirt. Tickets for this event are included in the **TOTAL MEETING PACKAGE**. A limited number of à la carte tickets will be available for purchase at Convention Registration at \$50.00.

**Friday, June 24:** This is the evening for the traditional closing dinner-dance. This gala "Garden Party" starting at 6:00 p.m. will be held in the Cherry Hill Hilton banquet room beginning with cocktails (cash bar). After a wonderful dinner featuring chicken, beef or fish, there will be Mike Cabot, Comedy Impressionist, and music of Dance Party DJ's. Dress is business casual (please, no shorts). Tickets for this event are included in the **TOTAL MEETING PACKAGE**. A limited number of à la carte tickets will be available for purchase at Convention Registration at \$55.00.

### WORKSHOPS

A full schedule of workshops is planned for each day (Wednesday through Friday) of the Convention. There will be two 50-minute sessions on Wednesday and Thursday morning with six (6) workshops per session. On Friday there will be one session with six (6) workshops. The first session is scheduled to begin at 8:00 a.m. Wednesday morning. The workshop sessions on Thursday and Friday will begin at 10:00 a.m. each morning. The workshop sessions will be held at the Cherry Hill Hilton Hotel. Workshops will be in three categories: Volkssporting, Health and Fitness, and General. The convention program will provide detailed descriptions of the workshops, presenters' names, times and locations for the workshops. The fee to attend the workshops is included in the **TOTAL MEETING PACKAGE**. Daily tickets may be purchased separately at \$20.00 per day for Wednesday and Thursday. The workshop ticket for Friday is \$10.00.

The theme of the AVA Biennial Convention is "New Trails...New Friends..." through walking for fitness and fun. The goal is to provide participants the tools to build healthy active clubs and create quality walking events in their communities to promote a healthy life style and family-oriented activities.

Over the past several years we have witnessed a growing concern over the alarming growth rate of obesity and its related health issues – for both old and young generations - due to inactivity. Paralleling this growth rate in obesity and related diseases is the sharp decline in physical activities. We believe in the importance of reversing this trend by motivating local community populations to incorporate regular physical activity into their everyday lives. This does not mean joining an expensive gym or committing to a rigorous exercise or training routine. It is sufficient to select activities that fit into one's daily routine...such as walking.

"Walking" is the bread and butter of the American Volkssport Association and the American Volkssport Association is also America's best kept secret! In order to increase physical activity through walking and at the same time introduce local communities to our association, our non-profit clubs need to learn the skills necessary to: educate their local community on the benefits of a regular walking program; publicize their walking events; host premier walking events which appeal to participants so they return again and again; foster community partnerships; and develop new club memberships and effective leaders.

With such a "Win-Win" situation between a local community's increased physical activity and the resultant increased participation at a local club's event, the community will also reap the benefits of our association's non-profit status where annual monetary contributions are returned to the community by the local walking club to support local programs.

Under our New Trails...New Friends... theme, there are many possibilities for contributions from a wide variety of participants. To this end, we have created a set of five major tracks to provide a wide educational experience for our convention attendees.

The workshop topics include:

**Club Toolbox (CT)**—Sessions cover a wide range of topics designed to help clubs achieve success.

- Volunteer Management—Every Club's Business Part I and II
- How to Promote Your Events in *The American Wanderer*
- Designing a Club Web Site
- Quality Events—Getting Back to Basics
- IRC 501(c)(3) Status and Your Club
- Electronic Sanctioning
- Meet The Headquarters
- How to Attract Young Professionals to Volkwalking

**Community Partnerships and Programs (CP&P)**—Sessions provide clubs with the steps and know how to develop partnerships with national, state, regional and local community agencies/associations and programs to promote fitness and event participation.

- America On the Move: Building Healthier Communities through Simple Steps
- Veterans on the "MOVE"!
- Working with Girl Scout Councils: Helping Girls Be Healthy Today, Healthy Tomorrow
- Partnering with Community Organizations

**Health and Fitness (H&F)**—Sessions include the latest information on caring for both the mind and body of today's walker.

- Weekend Warriors—Beware of Sports Injuries
- Stretching and Exercise Before Your 10K Walk
- Walking and Your Feet

**PROFESSIONAL DEVELOPMENT (PD)**—Sessions build leadership skills and knowledge for club officers.

- How to Run a More Effective Meeting
- Club Leadership: Are Your Club Meetings and Activities in the Forming, Storming or Performing State
- Officer Training Part I and II
- Fund Raising—Tips from the Masters

**BRING 'N BRAG (BNB)**—Sessions offer an opportunity for individuals, clubs and state associations to show off programs, ideas and concepts that have proved successful.

- AVA Special Events—What Are They? Part I and II
- Patches to Quills in 12 Easy Steps

Additional workshops (OT) not meeting the definition of the tracks listed above:

- AVA Survey Results
- The Pinelands National Reserve—The Lure of the Pine Barrens
- World Walking: An Introduction to the International Walking Association (aka IML)
- Ten Days that Saved America
- AVA as a Member of the "World of IVV"

Please consult the Workshop Registration form located in this Convention Registration booklet for the workshop schedule. For more information on the workshops prior to registering please see the AVA Convention 2005 web site located at: [www.2005avaconvention.org](http://www.2005avaconvention.org). A Convention Workshop Summary brochure which includes the target audience, workshop summary, learning objectives, presentation format and presenter biography will be included in your registration bag that may be picked up at the 2005 AVA Convention Registration Desk, Cherry Hill Hilton.

To avoid disappointment and receive registration for your workshops of first choice we urge you to register early. The workshops fill up quickly so reserve your place NOW. On receipt of your workshop registration, an acknowledgement notice will be sent via e-mail if an e-mail address is provided. Otherwise a postcard will be mailed to the registrant. If you do not receive your workshop acknowledgement notice within two weeks of your convention registration confirmation letter, please call (703) 354-1735 or e-mail [AVANM05@yahoo.com](mailto:AVANM05@yahoo.com)

Check [www.2005avaconvention.org](http://www.2005avaconvention.org) for updates

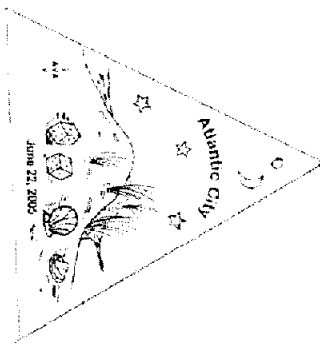
## CONVENTION WALKS

Wednesday, June 22; HQ 05-70980

### Boardwalk Convention Hall, Atlantic City

*Start times: 4:00 p.m. to 6:00 p.m.  
Finish by 9:00 p.m.*

An evening walk on the Atlantic City Boardwalk. This event features a lighthouse, Steel Pier with wonderful rides for kids of all ages, and you'll pass several large arcades in which you can challenge your skills at the various games. You'll pass the Ripley's Believe It Or Not Museum, Brighton Park with the New Jersey War Memorial, Planet



#### White Glass

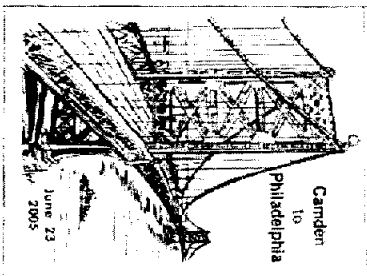
Hollywood at Caesar's Palace, and Kennedy Plaza. Further down the boardwalk, you'll move away from the hustle and bustle to the quiet beach front residences along one side of the walkway and sand dunes, beach, and ocean waves on the other side. At the walk turn around point, you will have the option to walk along the beach for a portion of the walk (in the sand, along the shoreline), or return on the boardwalk.

POC: Maureen Penta, 732/229-8169, maurpenta@comcast.net  
*5 km trail – rated 1      10 km trail – rated 1 (flat)*

### Thursday, June 23; HQ 05-70981 Philadelphia, PA-Camden, NJ

*Start times: 6:00 a.m. to 8:00 a.m.  
Finish by: 11:00 a.m.*

Participants will register for the event at the Hilton Cherry Hill. All participants will be bused to the trailhead, and all walkers will ride buses from the end of the walk back to the Hilton Cherry Hill. The 11 km trail combines fascinating sights on both sides of the Delaware River. In New Jersey, you will walk past the Battleship New Jersey and the New Jersey Aquarium and through the Camden campus of Rutgers University. You



#### Blue Glass

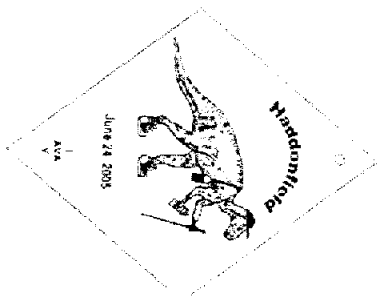
will then walk over the majestic Ben Franklin Bridge, with the Philadelphia skyline before you. Once in Philadelphia, you will pass the Betsy Ross House, Fireman's Hall Museum, Benjamin Franklin's grave site, the Constitution House, and the Jefferson Declaration House. Philadelphia is filled with history, and what could be more historic than a look at the Liberty Bell and Independence Hall? The route will pass by a range of memorials, including the Tomb of the Unknown Revolutionary War Soldier. The 5 km trail includes only the sites in New Jersey, although it will offer some great views of Center City Philadelphia across the Delaware River.

POC: Ron Nelson, 215/699-9246, RNEL699@aol.com  
*5 km trail – rated 1      11 km trail – rated 2  
(Mostly flat with one long artificial hill...the Ben Franklin Bridge)*

### Friday, June 24; HQ 05-70982

#### Haddonfield, NJ — AVA President's Walk

*Start times: 6:00 a.m. to 8:00 a.m.  
Finish by: 11:00 a.m.*



A walk around a picturesque Victorian town. In 1710, a remarkable 20-year-old Quaker girl named Elizabeth Haddon was sent by her father to this area in New Jersey. Elizabeth developed 400 acres of land, built a house, and developed a town. You will walk in the town that Elizabeth helped found. History abounds in Haddonfield and you'll have the opportunity to explore Greenfield Hall which houses a collection of Haddon memorabilia as well as the Indian King Tavern, built in 1750, where the State Legislature often met. You will walk to the discovery site of the first nearly complete dinosaur skeleton excavated from a marl pit in 1858. The technical name for this dinosaur is Hadrosaurus. See the collection of dinosaurs that have grown up around this site as well as other dinosaurs within the city limits. You will walk in the town that is filled with coffee houses, sidewalk cafés, many fine restaurants, and shops.

#### Red Glass

POC: Charlie Baeckert, 717/272-0655, baeckwalk@earthlink.com

6 km trail – rated 2

*(Mostly flat with some gentle hills and natural surfaces)*

10 km trail – rated 2+

**Seasonal Walk, June 18-26**

**Hilton Hotel, Cherry Hill, NJ**

*Start times: Daily, dawn to dusk.*

There is no pre-registration for this event. Registration for this event will occur in or near the lobby of the Hilton Cherry Hill. If the location is not clearly designated by signs, check with the hotel concierge or bellhop station to find out where it is located. You may register at any time, but you must walk only during daylight hours. Note that Harleigh Cemetery will be open during more restricted times. When the cemetery is closed, an alternate trail will be designated. The trail is a pleasant 10 km walk that starts and ends at the convention hotel. A 6 km loop from the hotel will pass along both sides of the Cooper River in eastern Cherry Hill. Parks surround the river, which has been dammed downstream to form a linear lake on which major rowing regattas are conducted during spring months. After you complete passage on the north shore, you will leave the river and walk a 4 km loop to and through Harleigh Cemetery. This private cemetery was founded in 1886, and it is the site of memorials to many prominent residents of Camden County. Among these residents was famed poet Walt Whitman, who lived in Camden from the early 1870s until his death in 1892. Whitman's vault is a significant landmark on the trail, and a silhouette of the poet is featured on the award for this event. The trail then takes you back to the hotel via the south shore of the river. The 10 km trail is rated 2 because of some gentle hills in the beautifully landscaped and maintained cemetery. Leashed pets are allowed on the trail but not in the cemetery or in the hotel.



POC: Thomas Baerwald, 703/765-3128, tbaerwal@msf.gov

10 km trail – rated 2

*(Mostly flat with some gentle hills)*

### CONVENTION AWARDS

The award design for the convention walking events is a wind-chime. Each of the events will be represented by a 3"-colored piece of glass. The clear piece of glass (pictured below) is the clapper for the wind-chime. One clapper is included with the registration and participation for all three convention walking events. The cost of the individual event awards is listed on the Registration Form.



Clear Glass

The award for the convention seasonal walk is a 100% embroidered color patch in brown, black and white. Award with credit is \$7.00. Credit only is \$3.00. There is no preregistration for this walk.

## CONVENTION SOUVENIRS

Convention Souvenirs available for purchase are:

Convention T-shirt	
Small – Medium – Large – Extra Large	\$12.00*
Convention Polo Shirts	
Small – Medium – Large – Extra Large	\$25.00*
Convention Fleece Vest	
Medium – Large – Extra Large	\$30.00*
*For Extra-Extra large Shirts, add \$2.00	
Convention Patch	\$5.00
Commemorative Convention Pin	\$3.00
Wind-chime Hanger & Clapper	\$10.00

Souvenir items may be ordered on the convention registration form and will be available for pickup at the Convention Registration Area. Items may be viewed on the 2005 Convention website: [www.2005avaconvention.org](http://www.2005avaconvention.org)

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