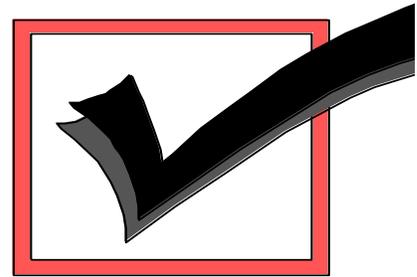


AVA CHECKPOINT



**Official voice of the American Volkssport Association,
America's premier noncompetitive sports organization!**

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Volume 20 • Number 9

www.ava.org

September 2012

Clubs Not Under AVA's Group IRS Exemption, Candace Purcell

There are still some clubs under another IRS group exemption or they are under their own but they have not given us proof of their exemption under their parent organization or provided their letter of determination. This is a one-time requirement. We must make absolutely certain that all AVA clubs are in compliance to meet our responsibility to the IRS. Without proof a club will be prohibited from voting at the forthcoming biennial convention and they will be levied a late fee for non-compliance with policy. All Regional Directors have been tasked to ensure that clubs in their region have provided this proof document.

New Merchandise Item: Stick-on AVA Logo Patch, Chuck Blische

There's a new merchandise item just waiting for you to buy it from the AVA e-commerce store. A nifty stick-on AVA logo patch. The stitched, one and one-half-inch-high letters "AVA" are cut out and colored AVA blue, with a thin grey border and a red accent line running across them.

A sticky residue on the back, that does not stain clothing, allows you to apply it to most any article of clothing providing instant recognition for our organization. It is especially effective on men's polo shirts, jackets and suit coats or blazers and women's blouses and you can reposition it and move it from item to item repeatedly.

Holly Pelking, AVA vice president, was one of the first volunteers to test the patch. "It is so neat, as you can automatically convert any plain shirt or jacket into an AVA specialty item."

I wore the patch while attending the California Volkssport Association conference recently. I got numerous questions as to where I purchased my AVA jacket and polo shirt. People were amazed when I peeled off the patch then re-attached it.

The attractive patch sells for \$5 and membership discounts will be honored.

The number of applications are somewhat limited and if the glue does weaken, people have been sewing the patches on fanny packs and other apparel. I would suggest buying two or three of them. Velcro also works well.

Wear them for special occasions such as speaker engagements, traditional walk registration activities, club meetings, etc. Buy some for your volunteers to make them all look uniform or use them as awards for special achievement.

Show your AVA colors and support the association. Visit our online store to order:

https://www.ava.org/IW_Products.m4p.pvx?;products_no_tree?company=AVA

Extra Credit for AVA Distance Achievements, Chuck Blische

AVA has entered into a partnership with My Stride, an organization sharing our philosophy for the promotion of healthy lifestyles. This relationship offers the opportunity for AVA volkssporters to earn

extra credit in the way of prizes for their distance walking achievements. To qualify for prizes, you will need to convert your distance walked in kilometers, into steps. And you can count all the other steps you take during any given day.

Here's how it works. Go to their website, www.mystride.net. Click on the AVA registration button. Follow the instructions and you're ready to go. There is a minimal fee of \$5.50 for a one-year registration. However, that fee allows you 16 opportunities to qualify for the prize drawings. A portion of your fee will go to support My Stride's efforts to get school children walking. Each year they make donations and encourage healthy lifestyle walking programs for school children in Canada and the U.S.

My Stride offers two reward challenges that you can take advantage of. All random selections of prize winners for both contests will be made by the My Stride computer. The monthly step challenges may change as well as the prize pools to keep things interesting.

The Monthly (30-day) Challenge Begins 1 September (walk 200,000 steps, approximately 100 miles, in 30 consecutive days) during the contest time frame. Those who achieve this goal will be entered into a random drawing to win one of ten Apple IPOD Touches (one IPOD per individual up to ten individuals). The prize winners will be announced by the 10th of the month following the end of each monthly session.

The Three-Month Million Steps Grand Prize Challenge Begins 15 September (walk one million steps in 90 consecutive days, approximately 500 miles) during the contest timeframe. If you qualify, your name and achievement will be posted on line and you will be designated a member of the Million Steps Club. The grand prize winner of the first three-month Million Steps session will be announced 21 December 2012. You must reach the goal of a million steps within the three calendar months it is offered to be eligible to be entered into the prize drawing. *No one has achieved this goal for the four years it has been offered! Will you be the first?*

And if you are randomly selected as the Million Steps Grand Prize Challenge winner by the My Stride computer, you win ...wait for it...a trip to Orlando, Florida. The trip package includes airfare for two, a six-day, and five-night stay at the Hyatt Grand Regency Hotel and Resort, and \$1,000 spending money!

The second Million Steps Grand Prize session will begin 1 January 2013. There will be four Grand Prize sessions per year. Don't forget the 18th AVA Biennial Convention is scheduled in Orlando for 29 April. If you register early enough, it gives you two chances to win before the convention begins.

The My Stride server will reset each member's monthly challenge steps to zero to ensure eligibility to enter the twelve monthly challenges. However, the server recognizes the Million Steps sessions so your progress will be saved through the current Million Steps session as well. The million steps challenge distance achievement will also reset to zero at the appropriate time.

When you've accumulated some steps, just go to the website and enter your steps *using the honor system*. The site will record your efforts and provides a printout indicating your progress toward the challenge goal. Gaining credit for steps is not just limited to steps you might walk during a 5km or 10km event. Count them of course. Keep the pedometer on and count steps from the parking lot to the store, from the couch to the refrigerator, at work, to the restroom. A step is a step! Remember, the goal of this effort is to reward individuals for activity. Good luck and have fun with this.

In addition to creating a separate participation category and prize packages only for AVA volkssporters, Allan Wilson, the My Stride president, has indicated that My Stride will link from their website directly to the AVA e-commerce store site to allow you an opportunity to purchase a Yamax pedometer. Yamax is a long-time sponsor and makes the official pedometers of the AVA. My Stride

will also donate a \$2 royalty to AVA for every volksporster who registers for the challenge. My Stride has agreed to donate an item for the AVA convention silent auction.

If you have any suggestions for prize pool items for future challenge sessions, send them to marketing@ava.org. Walking shoes, walking sticks, pedometers. My Stride wants to know.

Don't wait. Get registered, set your pedometer, and get started.

AVA Officer Nominations Now Being Accepted, Glen Conyers

Nominations are now open for officer candidate positions for the American Volkssport Association's National Executive Council XVIII. Elections will take place 3 May 2013 at the 18th AVA Biennial Convention in Orlando, Florida.

These positions include President, Vice President, Secretary and Treasurer, according to AVA Nominating Committee Chair Glen Conyers. The term of office begins 1 July 2013 and ends on 30 June 2015.

Step One: Mail a Letter of Intent to Run Not Later Than 16 November 2012

The first step in the process is to submit a letter of intent to run for office. Letters must be sent hard copy by postal mail only to Glen Conyers, P.O. Box 3191, Joplin, Missouri 64803. The correspondence must be signed by the requesting individual, indicate which officer position he or she wants to be nominated for and provide an e-mail address.

Chairman Conyers noted that hard copy letters will be accepted until midnight of 16 November 2012. Individuals will be contacted by e-mail when their request letter has been received. He requests that prospective nominees send him a "heads up" e-mail alerting him of their plan to submit a letter.

Step Two: E-mail a Nomination Package Not Later Than 30 November 2012

Step two of the nomination process requires completion of a Nomination Package and forwarding it to Chairman Conyers by e-mail (glenconyers@sbcglobal.net) on or before midnight 30 November 2012.

Each nominee who mailed a letter and received confirmation from the committee chair will be sent a copy of *Election Guidelines for Officer Candidates*. These guidelines provide instructions regarding required components of the Nominating Package: a biographical article for The American Wanderer Newspaper (500 words or less) and a candidate photo. It also presents some campaign information. The article and the photo must be received electronically on or before midnight 30 November 2012. For additional information, feel free to contact Glen Conyers at glenconyers@sbcglobal.net, or call 417.434.0977.

AVA Publicity Contest, Chuck Blische

The AVA Publicity Contest entry submission deadline is 15 January 2013. Winners will be announced at the 18th AVA Biennial Convention in April 2013 in Orlando, Florida.

Categories are: Photographs of People, Places and Things (an additional digital photo image is to be sent to marketing@ava.org with appropriate cutline information separate from the photo); Traditional Event Brochure; YRE/Seasonal Event Brochure; Community Relations Program; Local Sponsorship Program; Single Event Publicity Effort; Annual Publicity Effort; Club Website; Club Logo or Mascot.

All entries except for the website, logo and club mascot, should have been created, or events conducted, after the last 2011 convention (25 June 2011) and up to the 15 January 2013 deadline.

Entry forms are being created and will be disseminated beginning October 2012. All entries should be sent to the AVA national office in Universal City, Texas, in care of Chuck Blische, Marketing and Publicity Director.

Be watching for further details.

TAW Deadline

The deadline for the December/January issue of *The American Wanderer* is Thursday, 25 October. All articles, including *Tails on the Trails*, and photographs should be submitted directly to Laurel Parrott, Editor taw@bhi.com or mail to: 3526 Humboldt Ave. N., Minneapolis, MN 55412. Be sure to include "TAW" in the subject line if e-mailing.

Dates Announced for the IVV Volkssport Olympiad, Chuck Blische

Organizing officials for the 13th edition of the IVV Volkssport Olympiad have announced that the event will take place 25 - 29 June 2013 in the Gardena Valley in South Tyrol, Italy.

Activities will begin with an opening ceremony 25 June and then four days filled with walk, swim and bike events and spectacular mountain scenery.

According to IVV Olympiad organizing officials, their goal is to produce a memorable event that will go down as one of the best ever in the event's history.

For additional information in English, visit their website <http://www.ivvsuedtirol.info/en/>

Next NEC Meeting

The next NEC meeting will be held all day Friday and Saturday, 18 & 19 January 2013, in Schertz, TX. Details will follow.

Reminders

- ✚ Reply to the IT Committee Website Survey no later than 15 November – Survey is featured on the AVA home web page, mid-center <http://www.ava.org/>
- ✚ For a current listing of AVA Leadership – Roster http://www.ava.org/AVA_Leadership/council.htm
- ✚ A 990 is the IRS income tax form for nonprofits. Proof of E-postcards and other 990 forms filed, Financial Reports and Officer Updates, must be received at this HQ no later than 15 November 2012. After 15 November these reports are past due and a club will be assessed a \$10 late fee. Financial Report and Worksheet AVA Form 102C3F <http://www.ava.org/forms/avaformn.htm>
- ✚ Clubs need to submit National Award nominations to their Regional Directors no later than 1 November – Official Forms <http://www.ava.org/forms/avaformn.htm>
- ✚ Girl Scout Walk-Together Patch – Consignment Form <http://www.ava.org/forms/avaformn.htm>
- ✚ October is National Volkssport Month – Patch Order Form <http://www.ava.org/forms/avaformn.htm>

A special thanks to our sponsor Yamax and to our two partners!

