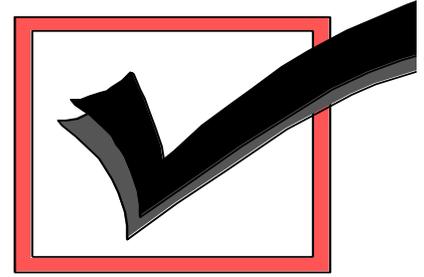


AVA CHECKPOINT



The official voice of the American Volkssport Association
America's premier noncompetitive sports organization

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NEC Meeting Information

Following are dates of importance concerning the next NEC meeting set for Friday and Saturday, **January 10-11, 2014**. Meeting begins Friday at 7 p.m. at a Pacific Region meeting location to be determined. Listed are minimum requirement dates as follows. **October 12, 2013**: request for proposed meeting agenda items goes out to clubs. ([Club Proposed Agenda Item Form, complete and submit by email to your Regional Director](#)) **November 11, 2013**: the club proposed agenda items should be to the Regional Directors for review. **November 26, 2013**: proposed agenda items due to AVAHQ from Regional Directors. **December 11, 2013**: selected official agenda items go out to clubs. **December 11, 2013**: officer reports and committee reports should arrive at AVAHQ. **December 20, 2013**: NEC meeting information emailed to each board member for review. Reminders regarding these deadlines will be sent via *Checkpoint* and email.

Emailing of Directions for AVA Sanctioned Walks – Did You Know?

Trail map information concerning AVA sanctioned walks should not be provided to walkers in person or electronically without that club official first receiving the signed waiver that appears on the official Start Card. An article, “*Smart e-map saved the day for a visiting Volkswalker*,” which appeared in the August/September 2013 issue of *The American Wanderer* newspaper indicated that map information had been sent electronically to an individual on one of our sanctioned trails. Also that map details were sent electronically to prospective visitors who had requested the map details in advance to help them decide what walks they wanted to take. AVA insurance underwriters warn that doing this may jeopardize AVA’s coverage of an event and could result in a premium increase above the current \$31,000 annual payment. AVA, in an effort to stay in front of technology, is currently conducting a pilot program to determine and test the feasibility of creating an electronic walk box. Map information is copyrighted material and must be protected accordingly. For additional information on the pilot program, contact AVA Vice President Holly Pelking, vicepres@ava.org.

TAW Deadline

Deadline for the December/January issue is October 25. All articles to include Tails on Trails and photographs should be submitted to taw@ava.org. Please include in your email Subject Line “TAW, the region you’re covering and the article title.” Send information concerning advertisements in TAW, ad contracts and contract revisions to Linda Rebmann, linda@ava.org.

Good Housekeeping Magazine Recommendation

AVA received national recognition from Good Housekeeping Magazine in their September 2013 issue as the organization of choice for locating walking clubs. The recommendation appeared in an article in the Health News section, page 74, and was titled *BFFs Best Fitness Friends*. It read: "Workouts breeze by when you're catching up with pals. You'll also stick with them and get fit, a 19-study review group of walking programs found. Streamline scheduling at meetomatic.com or find a local walking club (try the American Volkssport Association at ava.org.)" Good Housekeeping is the sixth largest of all U.S. magazines with a circulation of 4,354,740. The cost of an ad this size in this magazine would cost about \$66,880. This represents significant national exposure for AVA.

Serious Incident Lessons Learned

The accident occurred August 11, 2011. A vehicle hit and killed three volkssporters on their way to use event restroom facilities across the street from an AVA event. Doug Reynolds, Northeast Regional Director was on the scene. Some of his fellow directors requested that he share some lessons learned when dealing with serious incidents. Following is a synopsis of what he shared. Be sure to protect personal information (Start Cards, sign-in sheets) of individuals involved in incidents. Immediately notify the AVA Executive Director who will initiate the insurance support system. She contacted the insurance company officials who appointed an insurance investigator who provided information coverage to Reynolds. Be sure to complete an [incident report form](#) for each person involved. Be accurate as possible. Be prepared to provide the insurance investigator with (1.) An incident report (2.) Walk announcement (3.) Walk narrative (directions) (4.) Route map (5.) Waiver and Release of Liability (Start Card) (6.) A review of the past five years of Start Cards that might indicate where the injured/deceased person(s) had participated in past walks. Clubs are required to save records for seven years.

AVA Centurion Achievement Challenge

Registration for the 2014 Challenge begins October 1, 2013 for Associate member volkssporters with the actual program walking activity starting January 1, 2014. The annual participation fee is \$25. To be eligible for 2014 awards, the record books containing 100 valid entries must be returned to AVA Centurion Achievement Challenge no later than February 15, 2015. Event carryover from one calendar year to the next is not permitted so hurry up and complete your 2013 record walks by the December 31, 2013 deadline. Completed 2013 Challenge record books are due to AVAHQ no later than February 15, 2014. Some 350 individuals signed up for the 2013 program. Fifty-five volkssporters to date have successfully met the initial challenge to become Centurion Champions. The program was started to encourage and recognize those Associate members who make a special, serious commitment to the "Fitness" aspect of our Fun Fitness Friendship slogan. [2014 registration form, Complete and submit by email](#)

Safety Reflectors

Walking at night can be quite dangerous for obvious reasons. We wanted to share an offer we received recently concerning personal reflectors. The literature states they are made in the U.S., weatherproof, shatter proof, 2-sided, ultra-lightweight and easy to transfer. The vendor, Gary Castelle, is offering a 25% discount on any orders placed on his website <http://www.personal-reflectors.com>. Enter the AVA discount code AVA25. The price for a round reflector is \$1.50 with rectangle shapes running \$2.25. Shipping is free.

Business Referrals Can Reduce HQ Expenses

Your simple referral can help earn credit and reduce computer expenses for AVAHQ. Omnium Inc., the company that provides networking, IT and other related services for AVA, will give credit through work performed through your referrals. If your club members or other organizations they may be affiliated with can use networking services and/or advice, please contact arodriguez@omniuminc.com. Omnium provides service through remote access nationwide. Be sure to mention this agreement to ensure credit is given.

HQ Staff Responsibilities List

This list provides information regarding HQ points of contact for AVA-related issues. [Staff listing](#)

Special Programs for 2015

At each January National Executive Council Meeting, new Special Programs are introduced for review and approval by the NEC to begin in the following year. In January 2014, the Special Programs will be introduced which would start up in January 2015. Any club which is contemplating a Special Program must have all the documentation sent to your Regional Director and to the Special Program Committee Chair, Bonnie Johnson by October 30, 2013. This would include a colored copy of the patch and its dimensions, the booklet with the program rules and the expense report with a minimal order of 100 patches for cost estimation. Please check the AVA website under [Administrative/General Admin/Publications/Policies/AVA Special Programs Management Policy](#) for all the information and regulations on hosting a Special Program. Send your documentation to Bonnie Johnson, Special Program Committee Chair, 25 – 66th Way NE, Fridley, MN 55432 or in a pdf file to bonjohn@q.com.

Recording Achievements

As more volkssporters are finding it difficult, if not impossible to complete 10K walks, they are turning to some creative record bookkeeping. This is causing some concern with record book processing at AVA HQ. Books must be completed in the correct sequence and insert cards must be used to make up the required distances. Clubs are required to keep a stock of record books and should not allow individuals to purchase record books out of sequence in lieu of insert pages. The conditions of attainment prescribed by IVV and printed on each book require that *a new event and/or distance book must be purchased for each level of achievement starting with the lowest level*. Use of the wrong book is resulting in carryover credit, and that in turn is increasing overall processing times and the possibility for error. Insert cards will not be processed unless they are accompanied by the correct record book.

October is National Volkssport Month

All AVA clubs are encouraged to conduct an event in October in recognition of National Volkssport Month. Any event taking place in October can be designated as part of our national celebration and the approved patch to commemorate the occasion may be used. Limited quantities of patches <http://www2.ava.org/graphics.php> are available to order from the National Headquarters and if ordered in time (30 days out from your event), will be shipped at no cost to participating clubs in time for their events. The club discounted cost per patch is \$2.50. No returns or refunds will be honored for unused patches ([order form attached](#)). The patch was designed by Dorm Batson, Northwest Region.

Publicity Toolkit Available for Clubs

You are reminded that a pre-formatted press release for National Volkssport Month is included in the Press Releases section of the Club Publicity Toolkit at [Administrative/Clubs Only/Publicity Toolkit](#). The release is fill-in-the-blank and can be personalized with local club information. There are other releases to be used throughout the year as well as fact sheets, several speakers bureau presentations, sample public service announcements, social media tutorials, and more. This is a living document that depends on your input. More information is needed on club success stories and how you used social media; on member recruitment and retention; collaborations with local community organizations; fundraising initiatives; interesting website addresses and more. Send your items to avawebmaster@ava.org or use the *Contact Us* link on the official website. Please use "Resource Library" in the subject line of your email message. Selected items will be placed in the Toolkit Resource Library for everyone to read and hopefully use. Thank you for your anticipated cooperation.

Financial Documents Filing

November 15, 2013 is the deadline for club treasurers to submit E-postcard filing confirmations, officer updates and the two-page Financial Report and Worksheet. Please ensure both pages of the financial report are sent. Go to [Administrative/Clubs Only/AVA Club Forms/AVA Form 102 C3F](#) for the report form.

AVA Awards

Click here to view the [2012/2013 awards processing comparison chart](#) and the [10 event book processing comparison](#).

Past Due Report

All financial payment items listed on this [report](#) are past due 120 days.

AVA Partnerships

