

Newsletter for North Central Region

July 2011

The convention is over; I am rested and ready to start working as your Regional Director. Thank you for supporting me. I will try to keep you informed on what is happening in AVA. I hope you will send me your thoughts and ideas on how we can keep volkssporting in the United States thriving as an activity for fun fitness and friendship.

All your YRE and Seasonals must be submitted electronically by August 31, 2011 to be included in the 2012 *Starting Point*. Following are a few things to remember this year:

A. The new two-part walk rating scale must be used for each event.

PART 1 – Incline

1. Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs. Elevation gain from Starting Point: Up to 500 feet.
2. Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs. Elevation gain from Starting Point: 500-1500 feet.
3. Some significant hill or stair climbing. Not suitable for strollers or wheelchairs. Elevation gain from Starting Point: 1500-2500 feet.
4. Lots of significant hills or stair climbing. Elevation Gain from Starting Point: 2500-3500 feet.
5. Many steep hills. Elevation gain from Starting Point: more than 3500 feet.

PART 2 – Terrain

- A. Almost entirely on pavement. Probably suitable for strollers and wheelchairs.
- B. A significant part of the route is on well-groomed trails with very few obstacles. Probably suitable for strollers but may not be suitable for wheelchairs.
- C. A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand). Not suitable for strollers or wheelchairs.
- D. A significant part of the route is on very difficult terrain.
- E. The majority of the route is on very difficult terrain.

A route that is mostly on flat pavement would be rated 1A.

A beach walk would be rated 1C.

A route with moderate hills on well-groomed trails would be rated 2B.

The incline is an accumulative amount and may be estimated. Each time you have an incline in the route add up the approximate height in feet; do not subtract the down hills.

B. If your walk has a remote start point, indicate such in the 2012 *Starting Point* information. If a participant needs to register at one place and then drive to start the walk, that should be noted in all promotional materials. In addition, the participant should be made aware of any fees associated with getting to the start point, i.e., is there a park fee or admission fee?

- C. List a specific address for the start point and if applicable, the remote start point. A specific address is helpful for anyone using a GPS system. Written directions from a major highway are important too. Also, verify that the telephone number and hours of operation for your start point are accurate.
- D. Check to make sure the current Special Event Programs are listed. There are several new Special Event Programs starting in 2012; Golden Cinemas, Works Progress Administration (WPA), Americas Bakeries, Struttin' down Main Street, Strolling somewhere over the rainbow, Classic American Diners, and America's Murals. Some of your existing events may qualify for these new programs. Check the AVA website or TAW for the details of what qualifies. Also, several programs are ending in 2011; Covered Bridges, Artistic Heritage, Museums, Veteran Memorials, Waterfalls, Americas Gardens, Historic Churches, and Americas Firehouses. Some people may still be finishing these programs during the year.
- E. Be brief, but complete. Review the listing for your event in the 2011 *Starting Point*; see that any information that was duplicated is eliminated for the 2012 issue.

I hope this will help you to promptly submit your YREs and Seasonals before the August 31 deadline for approval. I look forward to working with you for the next two years.

Phyllis Olson
North Central Regional Director