



# CHECKPOINT

[WWW.AVA.ORG](http://WWW.AVA.ORG)



## PRESIDENT/CEO - HENRY ROSALES

### AVA BOARD OF DIRECTORS MEETING NOTICE

The AVA National Board of Directors will meet Thursday, December 18, 2025, at 5:00 p.m. 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](mailto: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](#)

#### Board Meeting Deadlines:

December 5, 2025: Officers, Board Members, and Committee reports and all supplemental documents for the board meeting are due at AVA National Office. Email reports and all supporting documents to [henry@ava.org](mailto:henry@ava.org).

December 10, 2025: Board meeting information package emailed to Board Members and Deputy Directors.

AVA Board Officer's Reports and Committee Reports:

[Click here for Officer Report Form](#)  
[Click here for Committee Report Form](#)

### AVA WEDNESDAY WEBINARS CONTINUE - DECEMBER 17, 2025

The next webinar is scheduled for Wednesday, December 17, 2025, at 7:00pm Central. Be sure to join us as we celebrate the holidays with a special guest host and announce the Big Give winners!

To register for the webinar, [click here](#) or go to the AVA website homepage. Once you have registered for the Zoom meeting a link will be sent to the email you used to register.

#### Presenters:

***Kayla Cathey, Graphic Design Student, Austin Peay State University***

Hear from one of the students who supported an AVA club with graphic design as part of the AVA's partnership with Austin Peay State University. Learn more about how your club can request an AVA micro grant to host a student next year that can help you with free graphic design work for your club!

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**Jan Van Vlack, Founder, Snug Safety Application**

Snug is a simple, reliable daily check-in app designed to give peace of mind to people who live alone. Whether you want reassurance for yourself, your pets, or your loved ones, Snug helps ensure that someone knows you're okay every day. Hear from the Founder and AVA club member and learn about the features of this great mobile application!

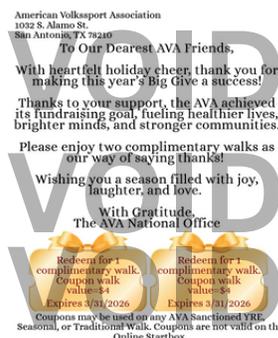
**SNEAK PREVIEW AT UPCOMING AVA WEBINAR JANUARY 21, 2026, AVA WEBINAR**

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 50<sup>th</sup> Anniversary!

**BIG GIVE FUNDRAISER SUCCESS SPARKS JOY AND GRATITUDE - \$91,360 RAISED!**

Thank you again to all our Club Donors, Business Donors, Individual Donors, Family Members and Friends. Your continued support is much appreciated and inspirational to all who love the AVA.

As our small way of thanking Donors who contributed to The Big Give campaign, we are going to mail them a postcard that has two complimentary walk coupons. The AVA National Office requests that all clubs please honor these coupons. The AVA will credit Clubs \$2.00 for each redeemed coupon. Clubs will not pay the AVA the \$2.00 participation fee for these coupons.



These coupons are valid for any YRE, Seasonal, and Traditional walk. The value of each coupon is the equivalent of \$4.00 for walk fees. If your club charges more than \$4 for a walk (some clubs may charge more than \$4.00 for a Traditional Walk), the participant will have to pay the difference after \$4.00 is deducted. The participant must give the coupon to the club during registration or leave it in the walk box. The coupons will expire March 31, 2026.

In order for clubs to receive the \$2.00 credit for each walk coupon they must submit the coupons to the National Office by scanning and emailing a copy of all coupons to marian@ava.org, or by mailing the coupons to the American Volkssport Association, 1032 S. Alamo St., San Antonio, TX 78210. Clubs must submit all coupons by April 31, 2026, and may not be duplicated. Redeemed coupons will be credited on the 2026, 2<sup>nd</sup> quarter club invoices. The Big Give walk coupons are not reported on the quarterly reports. Should you have any questions contact Marian.

AVA Big Give prize winners will be announced December 17, 2025, during the AVA webinar.

**AVA NATIONAL OFFICE HOLIDAY CLOSURES**

The National Office will be closed for the seasonal holidays on the following dates:

- December 24-26, 2025 (The office is open December 22 and 23 from 10am-2pm.)
- January 1-2, 2026

Please advise clubs to make sure they have received event stamps before December 17th for events that occur during the last two weeks in December and first week of January. If they have not received these stamps or need help with sanctioning, please contact Hector at [hector@ava.org](mailto:hector@ava.org).

**AVA FINANCE CHAIR -  
SETH WERNER**

**FINANCIAL HEALTH TIPS FOR LOCAL CLUBS**

**#3 Stop Leaving Money on the Table!**

From the Desk of the National Finance Chair

When you're juggling multiple roles, financial management can seem daunting. Each tip in this series is quick, actionable, and designed to help your club thrive without adding stress.

*Put Your Funds to Work*

If your nonprofit's money sits in a checking account, you're missing out on free growth. Consider a money market account or short-term CD—safe, low-risk, and interest-bearing.

Quick Start Checklist:

- ✓ Ask your bank about nonprofit-friendly accounts
- ✓ Compare interest rates for CDs vs. money markets
- ✓ Keep liquidity for short-term needs

Resource: FDIC Guide to Savings Accounts:  
<https://www.fdic.gov>

*\*Stay tuned for the next tip.*

**AWARDS COMMITTEE CHAIR -  
KAREN KAUFMAN**

"We are looking to add one member from each of the following Regions to the Awards committee:

- Mid America
- North Central
- Southeast
- Southwest
- South Central

You do not need to be a RD, DRD or Club officer to join the committee. Experience with the AVA awards program is helpful but not required to join. Please contact me at [awards@ava.org](mailto:awards@ava.org) if interested."

**AVA SPECIAL EVENTS COORDINATOR  
- AMANDA JAUREGUI**



**2026 TEXAS TRAIL ROUNDUP**

We're a little over 2 months away from the 2026 Texas Trail Roundup! Join us for one, two, or all three days of fun, health, history, culture, and community. Each year, walkers from around the world come together to explore one of America's most historic and culturally rich cities on foot. Whether you are an experienced walker or just starting out, we welcome you to explore with us!

Day 1 (February 20): 50th Anniversary Walk in Fredericksburg, Texas. Opening Ceremony will start at 9am under the Adelsverein covered pavilion at the Marktplatz. After the walk, we will have live music, a free wine tasting from Augusta Vin, a food truck and other goods.

Day 2 (February 21): Choose between a 5k, 10k, Half and Full Marathon Walk through the heart of San Antonio, followed by a fun social gathering on South Alamo Street with free goodies from The Jewel and Churrostar and a beautiful performance from Mexican folklórico group, Danzantes de San Antonio.

Day 3 (February 22): Choose between a 5k, 10k, and Half Marathon Walk with the finish line and closing ceremony happening at the Beethoven Maennerchor.

Registration is now open! You can look at our [website](#) for the schedule, updates, and more information on where you can stay. If you are interested in volunteering for the event, you can [register here](#).

**BIG GIVE COMMITTEE - SAMANTA SANCHEZ, CHAIR****'TIS THE SEASON OF GIVING**

In this season of giving, we would like to give our heartfelt thanks to all our Big Give donors. Your generous hearts helped us reach our goal and raise an impressive \$91,360! 329 donors - 268 individuals and 61 clubs - joined forces to make a life-changing impact. Thank you all so much for your support! Your generosity means everything to us and the communities we serve. We wish you and your loved ones a happy holiday season!

**ACCOUNTING SPECIALIST - MARIAN DEVAUL****2026 CENTURION ACHIEVEMENT CHALLENGE:**

The 2026 program begins January 1, 2026. You must be an AVA Individual Member (annual or lifetime) to participate in the Challenge. Eligible participants may register for the 2026 Challenge between October 1, 2025 and September 30, 2026 using the official registration form. Please mail forms to AVA, 1032 S. Alamo St, San Antonio, TX78210, or e-mail to [marian@ava.org](mailto:marian@ava.org).

[Centurion Instructions](#)

[Centurion Form](#)

**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 17 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.
- Program runs from 1-1-26 to 12-31-26
- Submit completed books for redemption to same address, or scan to [marian@ava.org](mailto:marian@ava.org) by June 31, 2027
- For more information on the walks, please visit [ava.org](http://ava.org)

We have received the Passport books, so you will have them in time for the first January event. The cost of the books are \$15.00 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](mailto:Marian@ava.org) and call with credit card information.

[Order Form](#)

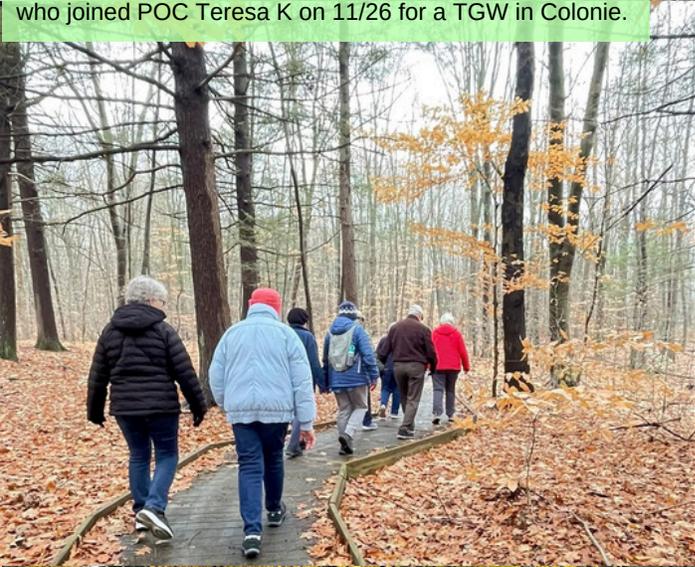
IT SPECIALIST - HECTOR HERNANDEZ

OPTOUTSIDE

Thank you to everyone who participated in this years OptOutside initiative. There were 14 States who participated and 20 events held.



Facebook Post by Louise Remillard - Thanks to everyone who joined POC Teresa K on 11/26 for a TGW in Colonie.



Facebook Post by Kay Shoemaker - Fredericksburg (VA) Walking Club members enjoyed a cold but fun OptOutside walk.



Facebook Post by Pat Jewett - A walk in Hillsboro, OR hosted by the Cedar Milers.



Facebook Post by AVA Walk 'n Mass Volkssport Club - Thanks to all those who joined us in Fall River.



Facebook Post by Susan Fine - Thanks Dallas Trekkers for a wonderful OptOutside walk.

### NATIONAL EVENTS

You're invited to roundup for our 3-day international walk fest known as the:

## Texas Trail Roundup

February 20-22, 2026

A premier three-day international walking festival hosted in the beautiful city of San Antonio, Texas. Each year, walkers from around the world come together to explore one of America's most historic and culturally rich cities on foot.

**Come and join us for the 25th US FreedomWalk**  
16-18 October 2026

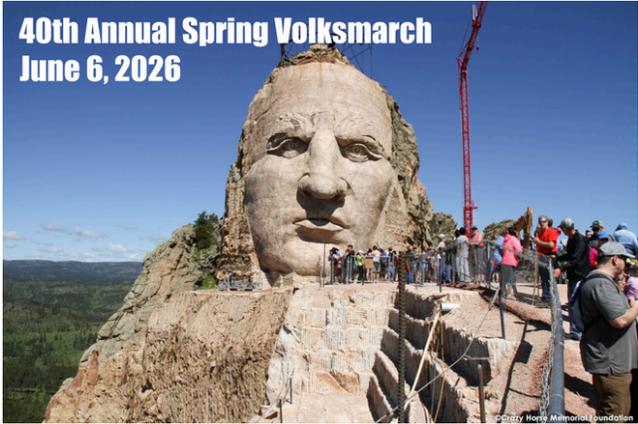
[www.USFreedomWalk.org](http://www.USFreedomWalk.org)

Walk Arlington

IML Walking Association

AMERICA'S WALKING CLUB  
Volksmarching at its Best

**An International Walking Experience**



40th Annual Spring Volksmarch  
June 6, 2026

50<sup>th</sup> Anniversary

**AMERICA'S WALKING CLUB**  
ESTABLISHED 1976  
FROM 1976 TO 2026

[Click here to go to 50<sup>th</sup> Anniversary Page](#)

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](mailto: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.



1032 S Alamo St · San Antonio, TX 78210, [ava.org](http://ava.org), Phone 210.659.2112 · Fax 210.659.1212 Message US.