



# CHECKPOINT

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



## PRESIDENT/CEO - HENRY ROSALES

### AVA'S MOBILE WALK APPLICATION PROGRESS

The User Interface / User Experience work which included, research, interviews, and a survey, for the AVA's walk application have been completed. The primary goal for this research was to determine what AVA's walking community needs from a mobile app and what to develop first. The researchers talked directly to walkers, club leaders, and AVA employees. A survey was also conducted yielding over 300+ member responses across 46 states. The result was a quantitatively ranked feature set and a functional mobile prototype for version 1 of the app development.

Based on the research, the AVA can benefit from a walk application because:

- AVA has a membership growth problem that a well-designed app directly addresses. Non-members are already walking, already interested, and one good experience away from joining.
- The research confirms strong feature appetite across all segments, including members who are less tech-forward.
- An app gives AVA a modern, visible presence in a space currently dominated by general and competitive fitness apps that don't serve the organized walking community or demographic.
- Version 1 can realistically serve current members, retain long-time walkers, and recruit new ones all from a single product investment.

The research foundation is complete and the next steps are:

1. Continue to fundraise for the Development Phase;
2. Recommend a Developer for Board approval;
3. Complete an IP licensing and revenue sharing agreement for clubs who want to opt into the walk app;
4. Set a timeline for completion of version 1 of the walk app.

Fundraising for development of the walk application is ongoing. Applications totaling \$130,000 have been submitted to AARP, Alfred H. & Janet L. Lander Family Foundation, Mays Family Foundation, and the San Antonio Area Foundation. Exploratory meetings were held with the University Health System and the LIFT Fund.

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## 2028 IVV AMERICASPIAD AND IVV CONGRESS OF DELEGATES

Congratulations! The AVA has been selected to host the Americaspiad in Rapid City, SD, from June 9–11, 2028. In addition, the AVA will also host the IVV Congress of Delegates on June 8, 2028, in Rapid City. Planning for the Americaspiad will be led by Jerry Wilson and the AVA Convention Committee. If you are interested in joining the planning team, please contact Jerry Wilson at [convention@ava.org](mailto:convention@ava.org). The Americaspiad is like an Olympiad but on a smaller scale. It includes:

- an opening flag ceremony
- walking/hiking, cycling and swimming events; Additional popular sports can be included
- a minimum 20k walk and 20k bike route must be included.
- a closing ceremony
- the event must be a minimum of 2 days

## COMING SOON! NEW AVA MEMBER BENEFIT WITH VENUSTAS

Venustas is an online merchandise store that sells heated apparel. AVA members will soon be able to purchase apparel from Venustas and enjoy \$30 off on their first purchase plus a \$10 gift card. Members will have to log into their my.ava.org account and click on the Member Deals link.

The AVA will also earn a 10% commission on every sale made through our membership link.

*Special thanks to MaryJayne Jordan, Anne Horst and all members and volunteers of the Black Hills Volkssport Association for hosting the 40/50 Crazy Horse/AVA Anniversary celebration in partnership with the Crazy Horse Memorial Foundation. The number of participants was approximately 5,486. The amount of effort and detail that goes into planning this event is phenomenal and much appreciated by all of us!*



**PUBLICITY COMMITTEE - SUSAN FINE, CHAIR**

**PUBLICITY UPDATE**

Empire State Capital Volkssporters did a tremendous job in organizing their walks and socials for the May 50<sup>th</sup> Anniversary Celebration, highlighting Revolutionary War Battle Sites. The guides for the group walks would stop and talk about the historic importance of where we walked; for those who walked on their own, the directions were just as enlightening. Over 150 people participated from 22 states participated in their walk and bike events. Kudos to a job well done. The Photo Circle app was popular with 31 people sharing almost 850 photos. Remember to offer the photo app at your next event. It's free on the App Store and Google Play.



Our next June event is the North Central Walking Weekend: 4 walks over 3 days, June 19-21, 2026 in Terre Haute, Indiana; Charleston, Illinois; Fox Ridge State Park, Illinois; and Casey, Illinois (where you'll see some of the biggest items in a small town). Walk up registration is welcome. [Get more info here.](#)

Please promote to your club members to attend one or more of the remaining [50<sup>th</sup> anniversary celebrations](#) through the next 7 months. The clubs have worked hard to make each event a wonderful experience.

Also, with the heat of the summer, many clubs don't schedule group walks outside. So why not meet indoors at a mall to keep the social aspects of your group walks going, and continue to keep your members engaged.

**NEW ARRIVAL**

**AVA FINANCE DIRECTOR - ERIN GROSSO  
COMMEMORATIVE CHALLENGE COIN FOR SALE**



Join us as we celebrate our 50th Anniversary and 40 years of partnership and walking with the Crazy Horse Memorial Foundation.

We have been given a unique opportunity to offer a special Commemorative Challenge Coin featuring both milestones. This double-sided coin is available for \$10 and can be purchased by contacting Marian at [marian@ava.org](mailto:marian@ava.org).

[Commemorative Coin Order Form](#)

**AVA SPECIAL EVENTS COORDINATOR  
- AMANDA JAUREGUI**

**TOUR DE LAS MISIONES**



America's Walking Club is happy to be a part of the Tour de las Misiones once again on September 12th! The Tour de las Misiones offers an immersive experience into the legacy of the historic San Antonio Missions. Participants will enjoy a curated route featuring enlightening activities that bring our local history to life. You can bike, run, or walk the trails.

If you would like to register, you can find registration here: <https://www.worldheritagefestival.org/EVENT-INFO/BIKE-RIDE-WALK>

If you would like to volunteer, please email [amanda@ava.org](mailto:amanda@ava.org) for more information. We look forward to seeing you there!

**MAY WEBINAR REMINDER**

We hope you will join us for this month's Wednesday Webinar on June 17th at 7pm CST! We will have a representative from America Walks to talk to our members about their Walking College, a program open to all ages and demographics. You can register here if you aren't already: <http://bit.ly/4sOQEaK>.

The Walking College: Skill-Building for Community Change

Since 2015, more than 400 local advocates have completed America Walks' Walking College curriculum. Their Walking Action Plans have led to new walking groups and programs, communication campaigns about the joy and benefits of walking, new public policies and improved pedestrian infrastructure in urban and rural areas, and expanded access to great walking opportunities for everyone. Ways in which members of "America's Walking Club" can support these community change activities will be discussed.

Participants in this webinar will:

1. Learn about America Walks and the Walking College program
2. Consider strategies for making the "joy of walking" available to more communities and individuals
3. Identify specific actions to take which will improve walkability and pedestrian safety

Speaker: Ian Thomas, Technical Assistance Lead, America Walks

**AVA FINANCE CHAIR - SETH WERNER**

**FINANCIAL HEALTH TIPS FOR LOCAL CLUBS**

**#9 Never Mix Personal and Nonprofit Funds**

From the Desk of the National Finance Chair

Good financial habits keep clubs thriving. This series shares simple, real-world strategies to help your team stay on track without extra stress.

*Protect Your Organization's Integrity*

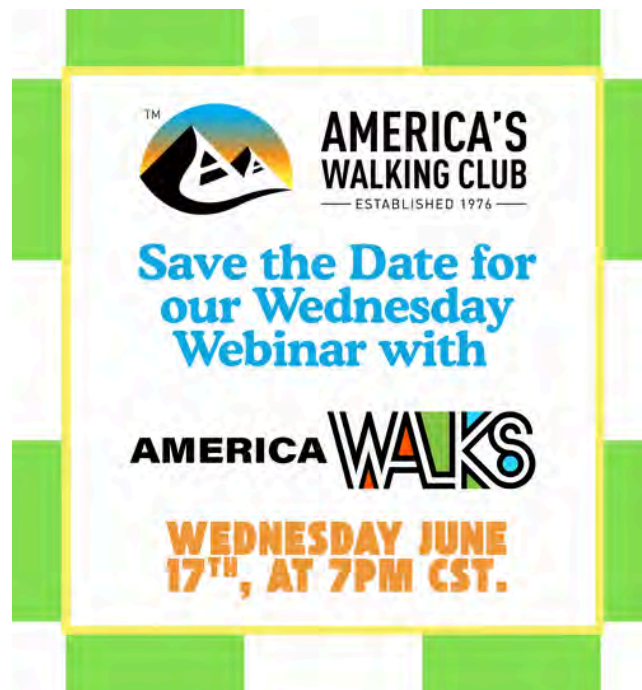
Using personal accounts for nonprofit expenses creates confusion and risk. Always keep a separate bank account for your organization.

Quick Start Checklist:

- ✓ Open a dedicated nonprofit bank account
- ✓ Deposit all donations and revenue into this account
- ✓ Use checks or debit cards tied to the nonprofit

Resource: How to Open a Nonprofit Bank Account – Charity Navigator:

<https://www.charitynavigator.org/landing-pages/for-nonprofits.html>



## ACCOUNTING SPECIALIST - MARIAN DEVAUL

### AVA 50TH ANNIVERSARY STICKERS

To help celebrate the AVA's 50th Anniversary, we have a limited supply of commemorative 50th Anniversary stickers available to support your event promotion.

These stickers may be used however they work best for your event. A few fun ideas:

- Add them to flyers, postcards, or walk directions
- Include them in registration materials or welcome packets
- Hand them out to walkers as a keepsake
- Display them at your registration table to highlight your event's connection to our 50th Anniversary celebration



They're a simple way to add a little extra sparkle and help spread the word about your event being part of this milestone year. If you are interested in receiving the stickers, please e-mail [marian@ava.org](mailto:marian@ava.org).

### 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 at least 8 signature events of the passport book to earn a commemorative t-shirt.
- Complete 100% of the passport book to receive a commemorative t-shirt and an AVA tote bag!
- 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)



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](#)

### CLUB DUES

Just a quick reminder that Annual Club Dues for the 2026–2027 fiscal year will be invoiced on July 1, 2026. The yearly dues remain at \$75.00 and are due within 30 days of receiving the invoice.

Thank you for your continued support!

## PROGRAMS COMMITTEE - DIANE HOWELL EVANS, CHAIR

### HOT OFF THE PRESS!



Three new AVA Special Programs beginning January 1, 2027, were announced at the June 5<sup>th</sup> AVA Board meeting in Rapid City, SD. They include:

- Craft Beers
- Historic Places of Worship
- Historic Route 66 – Celebrating 100 Years

For more details on each of the upcoming 2027 Special Programs check out the AVA Future Special Programs website at: [cb.ava.org/futureprog.php](http://cb.ava.org/futureprog.php)

After reviewing the information for each of the new 2027 Special Programs, clubs should consider if any of their YRE/Seasonal walks they are renewing for 2027 have qualifiers for these new special programs and update the sanction as needed.

## THE SEARCH IS ON! SPECIAL PROGRAMS NEEDED FOR 2028 AND 2029



Does your club have an idea for a new AVA Special Program they would like to sponsor beginning in 2028 or 2029? Several Special Programs will end on 12/31/27 and 12/31/2028 so the Programs Committee is looking for new Special Programs to begin on 1/1/2028 and 1/1/2029.

Do you know of a theme that would generate interest from a historical, cultural, educational, or scenic beauty perspective that has not previously been a Special Program? Are there major or intriguing American anniversaries occurring in 2028 and 2029?

Now would be the time to put your creative ideas and imagination to work. Talk with club members on walks as some have additional interests outside walking (yes, it does happen) and those other activities may generate ideas. Check your community calendars for local celebrations that are applicable across all states. Add "Brainstorming Special Programs" to the club's meeting agenda and solicit ideas at the meetings.

The deadlines for new Special Programs proposals submitted by a club are:

- November 1, 2026 for new 2028 Special Program proposals
- November 1, 2027 for new 2029 Special Program proposals

For a copy of the information required in a new Special Program proposal package, please contact Diane Howell Evans at [Programs@ava.org](mailto:Programs@ava.org).



## CONVENTION COMMITTEE - JERRY WILSON, CHAIR

### SPRINGFIELD MO IN 2027 FOR THE AVA WALKING WEEK AND BIENNIAL CONVENTION

Our next walking week and biennial convention dates will be June 28 - July 1 in 2027. The selected week, every two years, is often driven by the availability of sufficient lodging rooms and a convention site, as well our President/CEO being able to negotiate the best possible price for lodging and convention rooms. Every once in a while the week available to us falls after the school year ends. In 2027 that will be the case. The good thing will be that families with school aged children can attend with the family and not miss school. Likewise, AVA walkers that work in the schools or in the college system will be able to attend, avoiding work conflicts.



Another week we always wish to avoid every two years is the week of the IVV Olympiad. We have walkers from the America's that want to attend both. Our walking week and convention dates in 2027 successfully miss the dates of the 20th IV Olympiad, June 14 - 20, 2027, in Luxembourg, and needed travel time.

Pre-convention walks for our AVA walking week include the preceding weekend June 26 - 28. Post-convention walks and activities are also being planned for July 2 - 4. Save all these dates, June 26 - July 4, and include personal travel dates in your planning.

Start planning now, more information will be coming soon. Watch [AVA.org](http://AVA.org), future Checkpoint and The America Wanderer for articles and schedules.

## AWARDS AND RECOGNITION COMMITTEE - KAREN KAUFMAN, CHAIR

### NATIONAL AWARD NOMINATIONS AND RECOGNITION AWARDS

It's time to start thinking about National Award nominations (Hall of Fame, Distinguished Achievement, Ted Ballman Memorial Youth Award and Traiblazer). Anyone may nominate an individual for an award you do not need to be a Regional Director or a Club officer to submit. You do need to fill out the correct form (AVA Form 302, NNA revised 2025, [click here for Form 302](#) and [click here for Checklist](#)) and submit to your Regional Director for approval.

The attached link will take you to the Recognition Awards Section of the AVA policy manual. This link defines the criteria for each award and what is required for submission. [Click here for Awards Criteria](#).

Regional Directors please see section L.3 for guidance on notification to the Awards and Recognition Chair for Regional awards to include Trailmaster certifications since the last conference. The information shall be received before or on February 28, 2027 to be included in the awards booklet.

Please send Regional awards and questions to [awards@ava.org](mailto:awards@ava.org).

## IT COMMITTEE - MIKE GREEN, CHAIR

### YEAR ROUND AND SEASONAL EVENT RENEWALS FOR 2026

The renewal of 2026 Year Round and Seasonal events (YRE/SEs) for 2027 was enabled on June 1<sup>st</sup>, 2026. Clubs are expected to complete the renewal of their 2026 YRE/SEs as well as any new YRE/SEs for 2027 by 8/31/2026.

NOTE: Clubs should **NOT** use the "New event - copy previous" feature in the Edit/New "NEW EVENTS TO BE COMPLETED" section to renew YRE/SEs.

On June 1<sup>st</sup>, the my.ava.org system copied the current (published) event information of each club's sanctioned 2026 YRE/SEs into the Edit/New event buffer. These copied events are listed in the "**EVENT RENEWALS**" section of the club's **Edit/New** page (found via the club's home page, then clicking on the "**Sanctions**" tab, then the "Edit/New" tab).

Any unpublished or unapproved changes to 2026 YRE/SEs were **NOT** included in the event information copied on June 1<sup>st</sup>. The club's home page contains a "Edit/New Sanctioning Summary" table providing a count of events needing to be published or approved. Any club YRE/SEs listed in the Edit/New "**EDITING CURRENT SANCTIONS**" section may have unpublished/unapproved changes. Clicking on the "Review" button, for a listed event, displays all event information with change bars indicating what changes are still pending. Clicking on the displayed "Publish (make public)" or "Req Approval" button near the top of the Review page will apply changes to the 2026 event only (after RD approval if needed).

After June 1<sup>st</sup>, you may import any published/approved changes in a 2026 YRE/SE to the corresponding 2026 YRE/SE pending renewal for 2027 by clicking on renewal's "**Reload 2026**" button. Note, reloading the 2026 event will overwrite any changes made to the corresponding 2026 pending renewal event.

On June 1st, all published 2026 YRE/SE information was copied into 2027 pending renewal events (including the 2026 PPSF setting) with the following exceptions:

1. The event year was changed to 2027.
2. Special Programs (SPs), that "expire" 12/31/2026, were removed. (The SP expiration date is the date after which the SP POC will no longer officially accept completed SP books, as indicated on the current SPs web page, <https://cb.ava.org/specprog.php>)
3. The requested number of stamps for each renewal was set to 1 for PSB and PSB/OSB events and 0 for OSB events. (The previous year's stamp request number is ignored. The first stamp for any event type is always free.)

Clubs may also choose to mark any listed renewal as "Do Not Renew". Clubs should either request approval or mark as "Do Not Renew" each 2026 pending renewal for 2027 event by the 8/31/2026 deadline.

For an event the club chooses to renew, a club manager should click on the listed renewal's "Edit" button. Then inspect/update the information displayed on the Edit page by clicking on each of the "Sanction Tiles" buttons near the top of the page. In particular, the club should consider possibly checking off (or unchecking) "Request event be PPSF", adjusting the number of requested stamps, and adding any applicable/new Specials Programs (SPs) starting in 2027.

Note, this year, the future SPs webpage, <https://cb.ava.org/futureprog.php> will **not** be populated with 2027 SP descriptions nor the 2027 SPs available for application to 2027 events until **after** the June 5<sup>th</sup> AVA Board meeting. During this meeting, the AVA Programs Committee will present the proposed new SPs for 2027 for board approval.

Once a renewal's information has been edited and saved, a "Review" page displays all the renewal's information on one page. Clubs must click on the "Req Approval" button (near the top of the "Review" page) to indicate the renewal is ready for regional director (and state association if applicable) approval.

New YRE/SEs for 2027 should also be submitted for approval before August 31<sup>st</sup>, 2026, to assure their inclusion in the 2027 Starting Point book. Clubs may use the Edit/New page features in the "NEW EVENTS TO BE COMPLETED" and "RESURRECT AN OLD YRE / SEASONAL" sections to create new YRE/SEs as described via the "Help" button on the Edit/New page.

Please contact Mike Green, [mikeginf@gmail.com](mailto:mikeginf@gmail.com), if you have any questions.

\*\* If you create a new 2026 YRE/SE, a corresponding renewal is NOT automatically created for 2027 once the 2026 event is RD approved.

Should want a new 2026 YRE/SE renewed for 2027, contact [hector@ava.org](mailto:hector@ava.org) and supply the 6 digit Event ID City, State, and Event name for the 2026 YRE/SE.

## IT SPECIALIST - HECTOR HERNANDEZ

### YEAR ROUND EVENT RENEWALS

The Year Round Event (YRE) renewal process will begin June 1, 2026 and will end August 31, 2026.

To start the process, Clubs should go to their "Sanctions" tab, "Edit/New" tab and then to the "Event Renewal" section, where they will find a list of all of their 2026 YRE/SEs ready to be edited and reviewed for 2027.



On the renewal's review page, they will have the option to request approval or indicate the YRE/SE will not be renewed for 2027. **Clubs should NOT use the "Copy" feature in the "New Events to be Completed" section to sanction an existing 2026 YRE/SE for 2027.**

Regional Directors must review and approve all events by September 15, 2026 in order to get them into the 2027 Starting Point book. Any approvals after the 15th do not guarantee a section in the 2027 Starting Point book.

If you have any questions or need any assistance please call (210) 659-2112 or email [Hector@ava.org](mailto:Hector@ava.org).

\*\*\*Please note that new events can be submitted year round. If you are planning a new event for 2027 you can submit those events anytime.



## 2027 STARTING POINT PHOTO CONTEST

So many years, so many photos, so many posts. Which of those photos captured the best memories? Share those captured memories with AVA by submitting photos of the “People”, “Places” or “Things” you’ve encountered on your journey to the Starting Point Photo Contest. The first and second place winners will get their photo printed on the front side (1st place) and backside (2nd place) cover of the 2027 Starting Point book. Winners will also get a complimentary copy of the Starting Point!



Entries are due to AVA National office no later than August 31, 2026. Rules, guidelines and the official entry form are attached in link below. Participation in the nationwide contest is open to AVA members, clubs and state organizations. All entries must have been created or occurred during the time period from July 1, 2025 – August 31, 2026. For more information contact Hector at [hector@ava.org](mailto:hector@ava.org).

We are updating the ordering process, more to come next Checkpoint.

[Click here for Photo Contest Rules](#)

## ATTENTION AVA NATION, WALKING WAVES MEMBERS, FAMILY & FRIENDS!

Our AVA Walking Waves Fundraising Cruises continue to grow, and we would love for you to join us as we continue making waves together through fellowship, friendship, fitness, and travel!

**AVA's Walking Waves**

### AVA'S WALKING WAVES FUNDRAISING CRUISES

*Travel Together. Walk Together. Make a Difference Together.*

**JOIN US FOR FELLOWSHIP, FITNESS, FUN & FUNDRAISING!**

**OUR JOURNEY CONTINUES!**

- ✔ 1st Fundraising Cruise – New Orleans & Caribbeans  
Raised \$10,700  
Gained 160 New AVA Walking Waves Members
- ✔ 2nd Fundraising Cruise – Boston & Canada
- ✔ 3rd Fundraising Cruise – San Juan & Caribbean
- ✔ 4th Fundraising Journey – *More Exciting Details Coming Soon!*

RATES LOCKED IN UNTIL **MAY 29, 2027**

RESERVE EARLY WITH REFUNDABLE DEPOSITS!

**OVER 160 WALKING WAVES MEMBERS TOGETHER IN NEW ORLEANS!**

2ND FUNDRAISING CRUISE BOSTON & CANADA	3RD FUNDRAISING CRUISE SAN JUAN & CARIBBEAN
<p>DEPARTURE: AUGUST 30 – SEPTEMBER 6, 2026</p> <p>PRE-CRUISE WALKS: AUGUST 28 &amp; 29, 2026</p> <p>Hosted by Walk 'N Mass Volkssport Club</p>	<p>DEPARTURE: JANUARY 24 – 31, 2027</p> <p>PRE-CRUISE WALKS IN TAMPA: JANUARY 19 &amp; 20, 2027</p> <p>Hosted by Suncoast Sandpipers/Volks South</p> <p>PRE-CRUISE WALKS IN SAN JUAN: JANUARY 22 &amp; 23, 2027</p> <p>Hosted by America's Walking Club – San Juan</p>

**IMPORTANT INFORMATION**

- ✔ Cabins are limited.
- ✔ Secure your cabin early with a refundable deposit.
- ✔ Rates can change until deposit is made.
- ✔ Don't miss out – join us!

**RESERVATIONS FOR SAN JUAN:**

Visit AVA's Website Click on the Walking Waves Logo

This will take you to [NWZTravel.com](http://NWZTravel.com) Under Groups & Extras, pull down America's Walking Club – San Juan  
PASSWORD: AVAPR

**GROUP RATES AVAILABLE FOR BALCONY & INSIDE CABINS (DOUBLE OCCUPANCY ONLY)**

GET YOUR REFUNDABLE DEPOSIT IN BEFORE MAY 29, 2027 TO LOCK IN YOUR RATE FOR SAN JUAN!

QUESTIONS? EMAIL [ROB@NWZTRAVEL.COM](mailto:ROB@NWZTRAVEL.COM)

*Let's make more waves together!*

There are still a few cabins remaining for:

- 🇺🇸 Boston & Canada – AVA's 50th Anniversary Celebration Sailing August 30 – September 6, 2026  
We are now under 100 days until we sail!  
For Boston, email me [rob@nwztravel.com](mailto:rob@nwztravel.com)
- 🇵🇷 San Juan & Caribbean Fundraising Cruise Sailing January 24 – 31, 2027

For San Juan, email me [Rob@NWZTravel.com](mailto:Rob@NWZTravel.com).

For San Juan, group rates are currently locked in through May 29, 2027, and rates may increase after that date. If you are interested, now is the time to secure your refundable deposit and lock in these great group rates while cabins remain available. Our journeys include:

- Fellowship & Fun
- Pre-cruise walks & activities
- Hosted group experiences
- New friendships & memories
- Supporting our growing AVA Walking Waves community

**Boston Pre-Cruise Walks:**  
August 28 & 29, 2026  
Hosted by Walk 'N Mass Volkssport Club

**San Juan Pre-Cruise Walks:**  
Tampa – January 19 & 20, 2027  
Hosted by Suncoast Sandpipers / Volks South  
San Juan – January 22 & 23, 2027  
Hosted by America's Walking Club – San Juan

Questions or reservations:  
[✉ Rob@NWZTravel.com](mailto:Rob@NWZTravel.com)  
Let's continue making waves together!

NATIONAL EVENTS

Thank you!

Special thanks to all the Clubs who participated by putting on events for this year's National Walking Month. We had a total of 31 walks and 15 Clubs participate in 13 different states. We hope that your events went well and there was plenty of participation. Please send any photos you'd like to share for the next Checkpoint to [hector@ava.org](mailto:hector@ava.org).



Click here to go to 50th Anniversary Page

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

www.USFreedomWalk.org

Walk Arlington

AMERICA'S WALKING CLUB  
Volksmarching at its Best

An International Walking Experience



50th Anniversary Celebrating 50 Years of Walking

AMERICA'S WALKING CLUB  
FROM 1976 TO 2026  
AVA.ORG

Come Walk WITH US!

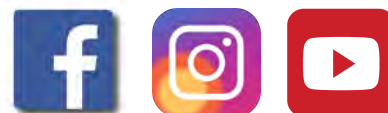
Checkpoint Available Via Email to All Club Members Who Request It

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.



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