



All Weather News
January 2011
<http://www.allweatherwalkers.org/>
Deadline for Feb news: Jan 24



Time for Renewal

No, we aren't talking about a rest from the holiday season's busy-ness (although there's that, too). It is a new year and it's time to renew your 2010 AWW membership – \$6/single, \$12 family. AWW helps you keep informed of the walk schedules, as well as motivated to stay healthy, enjoy our many local trails, and WALK. Send your dues to:

All Weather Walkers
Attn: Treasurer
PO Box 241
Vancouver, WA 98666-0241

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Holiday Lights Walk on 12/11 – Poor weather resulted in only 44 walkers showing up, but we still made a small amount due to an unusually high percentage of credit walkers.

I don't care how efficient one is, you can't do it alone. A big thanks to all who helped:

- >Norm Haller of the Ospreys who took me around his neighborhood to the best lit homes;
- >Jan Breneman who double-checked all my documents, made suggestions for improving the route, and checked my measurements;
- >Earl Bowen who helped Jan remeasure the route;
- >Don and Joan Heins who maintain the trailer and supply it for each walk no matter how far they have to drive;
- >Linda Barneson and Earl Bowen who marked the trail and got many compliments on their fine job from the returning walkers;
- >Barbara and Dick Baker who helped me set up and worked the start desk;
- >Brenda Hatten and Bonnie Goodlett who relieved Dick and Barbara;
- >Jill Mclean and Nira Lang who worked the finish desk;
- >Liz Connors and Cheryl Snodgrass who stripped the trail

I hope I've forgotten no one, but please let me know if I did.



Planning for AVA's Growth: An Operational Summary

Message from the Executive Director, Nicole Rogers

Volkssporters and AVA Members,

As your Executive Director, I am committed to ensuring AVA successfully moves forward toward our mission to serve as a national steward for healthy living thru non-competitive sports for all Americans and our global partners. To do this, open and honest communication is necessary at all times. Sometimes that means communicating information that can be complicated and/or unpopular. In an ideal world, such communications would not be necessary, but in a realistic world difficult discussions and rational thought and action constitute the road to success.

With that said, the AVA is facing a difficult future if growth of the association is not achieved soon and at a steadily increasing rate. As highlighted in the recent President's message, we have seen a significant decline in membership, club growth, club activity, and commerce over the past decade of AVA. This has resulted in the unsuccessful situation in which our monthly expenses greatly exceed our monthly revenue. In short, AVA no longer has the means to support the national headquarters' daily operations and the staff who so diligently support your life as a volkssporter without losing approximately \$75,000 of our savings each fiscal year. If we continue without change or action, the AVA will most likely expend its entire savings over a period of five to eight years. That would be the end of volkssporting in America – a real tragedy. The time has passed for passive action and resistance to change. The time has come for courage, vision, and doing what's right, which involves some calculable financial and operational risks.

Growth must be prepared for and cannot be entered into with hearsay and presumed solutions. This means best practices for nonprofit management must be employed and the infrastructure of AVA must be an impenetrable foundation supporting the association. As I mentioned before, it is a time for risk; risk that can be very uncomfortable, but necessary for a chance at success. I am not asking for the kind of risk you might take in Las Vegas, but rather calculated risks that are based on proven management practice and will give the AVA the ability to grow and thereby achieve success.

In order for AVA to be prepared for growth and in a stable situation to meet our mission and strategic directions, four operational tasks need to be achieved:

1. Updating and securing a competent computer information system to support the association
2. Revising the AVA website to better serve our membership and act as a 21st century-based marketing tool
3. Providing a suitable workspace for the national headquarters staff
4. Hiring an operations manager to the national headquarters for overseeing daily operations.

Below you will find the what, why and when for these needed actions. In addition, I will follow up with what risks the association will need to take in order to achieve them and what we will face if we take no action

WHAT & WHY:

1. Competent Computer Information System:

What: Over the past decade the information system supporting AVA's technical activities, which include the website, club information, member award information, and our accounting software, has become highly unstable, vulnerable to destructive hackers, and quite frankly until recently was on the verge of collapse. The servers we had supporting our valuable information were substandard and not protected by warranty. The backup systems were not viable and did not backup our data on a weekly basis. I'm sure many of you have noticed that the e-commerce store was repeatedly down and that the wrong people were getting the club invoices and/or club president information. These are only a couple of examples of the warning signs we were receiving that the system was in trouble. As we delved into the problem, we discovered that our previous IT provider was ineffective and causing many of the information system problems along with those that had been introduced years prior by other IT providers. In response, we have changed our IT provider to Omnium Networking, Inc., which I have worked with over the past four years and found them to be professional, client-oriented, and highly competent in their work. As a result, we have seen significant improvement in our computer information system. Have you noticed that the e-commerce store has not gone down in over 2 months?

Why: If the AVA information system crashed and could not be recovered, it would result in an 80% chance that our doors would close as an association. We would lose all club history, all award history, all financial history, and all governance history in one fell swoop. We would lose everything and have to start from scratch, which we do not have the financial means to do. Simply put, the information system is the proverbial brain of the association. If the brain is taken away, we collapse. Therefore it must be protected, monitored, and provided with

back-up in the case of emergency. Overall, to ensure a competent computer information system at AVA, we need to replace hardware and install applicable software at an estimated cost of \$6,000, while continuing our relationship with Omnium Networking, Inc.

When: This project began by NEC approval September 2010 as it was considered an emergency issue facing the association.

2. A 21st Century Website:

What: First impressions are everything with regard to member recruitment. Support, recognition, and ease of use are everything with regards to member retention. Our current AVA website offers an antiquated and confusing first impression and is not user-friendly for our current members. In addition, our website is currently hosted on our in-house server which is problematic for growth, member service, and security.

Why: The AVA website does not meet AVA's needs for successful marketing, member services, and information system security. The current website can potentially inhibit interested sponsors and new members because of its disconnect with the current technological age. Potential funders will want to see current social marketing practices such as Facebook and Twitter links, user friendliness, and a stream of innovative thought. Finally, with the website being hosted on our in-house server, we have significantly limited our server storage space for other operations, such as club information and history, as well as left the server more susceptible to potential threats from mal-ware and hackers via the clubs hosted sites under the AVA umbrella. The estimated cost for the website development, including the social media pieces (Facebook, Twitter) is \$46,000.

When: Discussions with web developers for the bidding process has already begun. The development of the website and the transfer of data will be approximately a 9-12 month project. This would mean that AVA would continue to use its existing site until the project would be completed sometime between August 2011 and November 2011 when the new site would be launched.

3. Suitable Workspace for National Headquarters Staff:

What: The AVA headquarters is our national home. It is the place that the staff members who support our valuable membership spend a significant part of their lives. It is also the place that reflects the state of affairs or the association's health if you will. The AVA headquarters' office space is not unlike your own home. You want your home to best represent you and your family. You want your home to

protect you from weather and sickness. Your home is a reflection of who you are, what you believe in, and it should be inviting. Currently, the headquarters' office reflects none of this. In fact, staff is often questioned how they work in such a place. It feels embarrassing to bring people into our home because it does not reflect who we are or where we are going. AVA headquarters cannot be remodeled because the building we lease suffers from non-existent maintenance. We would be wasting every dollar we spent trying to make the office space habitable.

Why: Currently, AVA's headquarters suffers from mold growing up the walls and under our carpeting. This is due to the water that floods our office space each time it rains, either from leaky windows with rotted window sills or from leaks in the ceiling. We also have holes in the walls large enough for small animals and numerous insects to enter our space. As a result, we have insect carcasses and animal droppings on the floor and in the overhead lighting fixtures to contend with everyday. When you combine the mold, the insect carcasses and the droppings, you end up with an allergen dust that makes some of the staff chronically ill with allergy attacks and migraine headaches. They almost never ask to go home, but they should. We also lose our financial assets, such as furniture and office supplies due to the water issues. Recently, many of our 2011 Starting Point boxes that we would use for mailing out the books were destroyed by the water pooling in our storage room. Now we might have to purchase more. Our desks and cabinets have been destroyed from sitting in water as well. We have asked repeatedly for these items to be addressed by the property owner. We have consistently received a negative response. He did do some repairs in 2003, but they were sub-standard and did not last long. Finally, our current location provides no visibility for AVA. People have a hard time locating the office. We need a place that people can find and want to visit to find out more about volkssporting. We need a place that we are proud of and where staff does not have to suffer from poor health conditions. We have identified a highly visible attractive office space along the I-35 Highway corridor that will lease approximately 3,000 square feet (approximately the same size as our current office space) to AVA at \$1.50 per square foot with all utilities and property taxes included for a three year term (our current lease requires a five year commitment). In addition, the owner is willing to design the space and construct the office design at no cost to AVA. This space also comes with a large sign along the highway that is illuminated at night for constant visibility. It has meeting and training rooms and beautiful atrium for social affairs. It would be an ideal home for AVA and its projected growth. In this proposed ideal home we would have enough space for staff growth, shipping and receiving, storage, and holding meetings and a headquarters that every volkssporter would be proud. Moving into this space would represent a 50% increase in monthly rent from \$3,166 per month in the

current lease space to \$4,407 per month at the lease space under consideration. This would require an additional annual expense from our current budget of \$14,892 towards lease space. Please note that entering into a new lease that would better support AVA headquarters' needs would require being released from our current lease which does not terminate until June 30, 2013. Yet given the poor state of the office space and the poor maintenance record, the lease has the potential to be broken if pursued officially by respective government departments within Universal City and/or through legal council.

When: The office space is for lease now. I am gathering documentation for the National Executive Committee to review for further guidance, which I do not anticipate receiving before the February 2011 NEC meeting, unless otherwise instructed by the NEC and general membership.

4. Hiring an Operations Manager:

What: Every nonprofit must decide if they want a manager or a leader to move them forward. It is often misunderstood that they are not the same job and both constitute a 40 hour work week or more to successfully execute. A manager is someone who ensures that operations of an organization run smoothly. Operations include human resources (both staff and volunteer), negotiating contracts and work performed with outside vendors, lease-space maintenance, office system administration consultation, responding to member inquiries and needs, and general office management. A leader, on the other hand, acts as a visionary for the organization. This person is required to see the big picture well beyond what is happening today and strategically place the association in the best place it can be with what resources they have. It is the leader's job to develop those resources, both financial (new members, clubs, sponsors) and political (partnerships, healthcare) to grow the association to its full potential. In the simplest terms, it is the leader's job to not only protect you today, but make sure that you can grow into tomorrow successfully – to make sure the association's mission is realized and well-known.

Why: Organizations that choose to have a manager, rather than a leader grow minimally over time. These are organizations that are happy with the status quo, as they are profitable at their current stage. Organizations who want leaders realize that growth is necessary and that the leader must have the time to lead and entrust organizational management to an executive subordinate who is qualified to manage. This is exactly how it is done with our financial management right now. Candace Purcell is our Financial Director. She is very good at what she does and I have no concerns with Candace leading the financial activities for AVA. That does not mean that as her supervisor, I have no role or participation in

the financial and budgetary issues facing AVA. We are a team with respective skills that work together in stewarding the financial climate of AVA effectively. If I was required to do this alone, I would not have the time to lead AVA. It is exactly the same for daily operations and my need of an Operations Manager, yet right now that position is vacant so I am required to fulfill its duties. This means for the meantime I am a manager not a leader and that AVA will not grow significantly if this vacancy persists. For example, during an average day at the AVA headquarters, I am operationally tasked with answering headquarter emails, negotiating contracts with vendors, addressing staff inquiries and/or concerns, etc. What I would rather do with my day is negotiate a national sponsorship with American Airlines and Southwest Airlines to waive baggage fees for volkssporters traveling with their walking sticks, while putting the AVA logo on all their baggage materials or approach national for-profit companies that use employee benefit health programs that offer incentives for employees who walk the most miles. I could also discuss volkssporting with Independent School Districts in meeting the challenge of reducing youth obesity or hold a press conference on how volkssporting addresses chronic disease management in an accessible and socially responsible way. All of these activities would potentially lead to the association's growth and financial stability over time. I hope this example highlights for you the difference between an operations manager and a leader. There are members of the NEC that have suggested that current staff could take on the additional duties of an Operations Manager. I understand their points of view and agree that some tasks can (and many already are) be handled by existing staff, yet I also realize that staff members are there to do one job well. The more we task them, the more distracted they become from their primary tasks. This affects everyone, from other staff members to you all, the general membership. In addition, even with the wonderful AVA staff, there is no current staff member that has the complete skill set of a seasoned Operations Manager that can remain committed to serving AVA for several years. With that said, as your Executive Director, I can achieve some leader activities in the absence of an Operations Manager, while the staff and I fulfill those operational job duties and yes some growth will occur over time. That growth will just be limited and our climb toward a secure financial situation will be slower than anticipated. In short, to operate in this fashion will answer AVA's needs for today, but not for tomorrow. An Operations Manager would need a salary of \$45,000 per year plus benefits. This is a minimal competitive salary for a national nonprofit. I have provided the NEC members with a job description and justification for the Operations Manager for their review.

When: In October, the Executive Committee of the National Executive Council authorized the hire of an Operations Manager at a salary of \$45,000 per year plus benefits. This has caused further debate among the NEC members. With this

information, I have no intention of hiring an Operations Manager before the February 2011 NEC meeting, so that all discussion and considerations can take place before moving forward.

What's Next:

In order to move AVA forward we need to invest in AVA's future. These investments are the risk I spoke of at the beginning of this letter. The investments are both financial and operational in nature. Both of which have been described in this letter, but I will summarize them in the table below after providing you with a comprehensive description of AVA's current funds:

AVA has three savings accounts:

1. General Savings: This account consists of dollars from previous fiscal years that were not spent and is kept available at all times for the NEC's justifiable use. This account is kept with our bank so that it may support operational dollars easily. This account earns a nominal amount of interest annually. The general savings account currently has **\$91,175 available**.
2. Money Market: This account is also kept available for NEC's justifiable use and earns a nominal amount of interest. It is not managed by our daily banking system, but rather by a third party provider Edward Jones. There is no penalty to accessing these dollars other than lost interest as the sum decreases. The money market account currently has **\$74,559 available**.
3. Investment (CD) Accounts: These accounts are kept available for NEC's justifiable use, but are not liquid and would incur a cost if the CDs were broken before they matured. These CDs earn interest over time. All investment dollars are managed by Edward Jones. Total investment dollars held by AVA are **\$739,203**.

Operational Action:	Financial Commitment Needed:	Funds Available to AVA:	Risk if we do not proceed	Risk if we do proceed:
Secure a competent computer information system to support AVA	\$6,000	General Savings	AVA's IT system could crash Personal information about	AVA will expend \$6,000 of its general savings. AVA could experience a short term (1-3

Operational Action:	Financial Commitment Needed:	Funds Available to AVA:	Risk if we do not proceed	Risk if we do proceed:
			<p>members could be compromised</p> <p>AVA could close it's doors</p>	<p>hour) shut down of the operating system during which time the website and other functions would not be available.</p>
<p>Develop an attractive and user-friendly website that is linked to social media</p> <p>CONTINUED: Develop an attractive and user-friendly website that is linked to social media</p>	\$46,000	General Savings	<p>Members will continue to have challenges while navigating the website and submitting reports</p> <p>Website remains not user-friendly</p> <p>Potential new members will be turned away</p> <p>Sponsors and/or</p>	<p>AVA will expend \$46,000 of its general savings</p> <p>The website will need continuing updates</p> <p>AVA members will have to learn how to navigate the new website</p> <p>Staff will be tasked with locating and posting social media information to Facebook and</p>

Operational Action:	Financial Commitment Needed:	Funds Available to AVA:	Risk if we do not proceed	Risk if we do proceed:
			<p>partnerships will not be secured</p> <p>AVA is perceived as an antiquated association that cannot compete with other like organizations</p>	<p>Twitter</p> <p>Staff will be asked to monitor conversation blogs to ensure good customer service</p>
Move AVA into a new healthy home	\$14,892 (lease only) + \$15,000 (furniture) = \$29,892	General Savings	<p>Staff continue to be ill due to allergens and could pursue AVA legally for unhealthy work environment</p> <p>Sponsors / Partners will be lost due to inadequate office space and air of poor association standing</p> <p>AVA will continue to</p>	<p>AVA will expend an estimated \$29,892 dollars on securing a new office space</p> <p>The lease will increase by 50% for at least 3 fiscal years</p> <p>If dramatic growth is experienced over the 3 year lease term, bigger office space will need</p>

Operational Action:	Financial Commitment Needed:	Funds Available to AVA:	Risk if we do not proceed	Risk if we do proceed:
			lose assets due to water damage and have to keep replacing those assets costing dollars over time	to be secured
Hire an Operations Manager	\$45,000 + benefits = \$53,577	General Savings / Money Market	AVA will have challenges growing effectively and in a timely manner AVA may not be able to secure enough funding to successfully support daily operations	AVA will expend \$53,577 to support operations manager position annually
Total Investment:	\$135,469			

I understand that in a time when AVA is losing operational dollars each fiscal year, it is hard to understand why we should make this kind of investment. It's uncomfortable and scary, but without the tools to get AVA ready for growth, we will not have a chance at success. We cannot repair the damage that is causing our association to fail if we won't risk the resources to fix the problems. So I ask you to courageously think about these tools and provide feedback to me and your elected representative. I promise to continue to keep you informed, lead where

you empower AVA to go, and approach every day as a dedicated volkssporter. I am here to serve you.

Finally, I began this letter speaking to open and honest communication, therefore this is only the first of many communications you will receive from me as your Executive Director. Please let this initial communication serve as the opening of the door of communication between us. The door will remain open, while encouraging your thoughts, questions, criticism, and praise. In addition, I look forward to keeping you all involved with AVA headquarters as we meet our challenges and celebrate our victories! Community, communication, collaboration, and commitment are how we must walk forward together if we want successful growth for AVA.

Sincerely, Nicole Rogers

“Moving together toward a healthier America”

[AVA](#)

American Volkssport Association - Dear AVA Members and Fellow Volkssporters

Welcome to the first edition of the Open Door! I am excited about this first of many conversations between the national headquarters, our members, and volkssporters everywhere! This is our place to discuss AVA’s history, what’s happening right now and what we want or don’t want for AVA’s future. I will look for your thoughts on key issues facing AVA, as well as host any questions you might have about...well anything! All comments, praise and criticisms alike, are welcome here. I will place questions that we would like your feedback on in the “Shout Out!” section of the Open Door. If you ever have a question that you would like your fellow Volkssporters to respond to, please feel free to let us know, and we’ll include it in the “Shout Out!” section of the Open Door.

With that said, let me kick off this wonderful conversation.....

Several of the headquarters staff have been regularly volksmarching here in Texas. Matter of fact, Karen, Kelly, and I recently completed the Rio Cibolo Ranch walk hosted by the Lone St*r Walkers and the Boerne Christmas walk hosted by the Randolph Road Runners. Both walks were fabulous and full of fun things to see. We want to personally thank both clubs for providing such memorable events and making us feel so special!

On Tuesday, December 7th, the 6 member AVA staff participated in a 3-hour brain storming session to identify what we could do as a team to promote AVA nationally. The time was well spent and we came up with a lot of ideas under the general categories listed below. **Let us know if you have any ideas in these categories or if you would like to suggest another category altogether!** I would love to list all of our ideas, but it just got a little bit too lengthy....

Questions, Comments, or a Story you want to share? Email me at Nicole@ava.org or call 210-659-2112

SHOUT OUT! We'd like to know your thoughts about.....

AVA is facing a time of change, which can be both wonderful and scary. What do think about changing AVA? What would you change about AVA if you could? How do you think leadership should approach changing the Association for the better? What have you heard is going to change, if anything at all?

Now let's talk about it! I will post comments in January's Open Door!

- Pet participation
- National weight reduction programs
- Natural trail / Off-road Volkssporting
- American Dietetic Association
- Focusing on Seniors
- National sports retailers
- Magazine publications / articles
- Partnering with like organizations
- Healthcare industry and insurance
- Federal governmental partnerships

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From WILLIS KORFF korffs@wildblue.net, our Regional Director

1. Recent Obituaries of Northwest Volkswalkers:

Dick O'Connor was VERY active in Volkswalking and vice president of the Northwest Striders for a number of years. He died on 6 November and his service was at St. Andrew's Lutheran Church in Bellevue on Sunday, 5 December. The family requests donations in lieu of flowers be made to Seattle Children's Hospital or a favorite charity.

Lois Hooker of Oregon passed away on November 9, 2010. She was 90. Below is the obituary from the Oregonian on November 15.

Hooker, Lois C. 90 11/30/1919 11/09/2010 She was born in Ohio. Lois is survived by her sons, Robert, Keith, and Ronald Erntson, and Dan Hooker; and daughters, Burnetta L. Lunsford and Bernita Huggett. There was no service.

2. New start point for Mountain Park walk

Mountain Park walk: YRE#1783 rated 2+ 10k
New Seasons Market
3 SW Monroe Parkway
Lake Oswego Or
Hrs 8am-10pm
Start box in community info area on shelf

~~YAY~~



President's Corner – Jan Breneman

PREZ SEZ

HAPPY NEW YEAR! Right now the local calendar is shy of walking event dates, but there are plenty of year rounds to enjoy. Dick Baker and Joe Titone have filled in the January weekends with some nice group walks. See the Weekend Walking schedule elsewhere in this newsletter.

Speaking of calendars, there are a few notable walking weekends on the docket... Northwest Trek (Eatonville, WA), February 5-6; Pre-Superbowl Walk, Portland, Feb. 5; Ocean Shores, WA Feb. 19-21; Daffodil Festival (Amity, OR), March 12-13; AWW's own Fruit Valley walk, March 19; and Dupont, WA on March 26. It's also a convention year – Des Moines, Iowa, June 18-26. Plenty of other walks, too; just check the full calendar at www.ava.org.

Our December 11 Holiday Lights Walk was “weathered” out, but 45+ walkers braved the wind and rain anyway, and the neighborhood lights were fabulous and plentiful, which bears well for a repeat in the future. Many thanks to Joe Titone for his efforts.

AVA has a new logo and tagline: “Moving Together Toward a Healthier America”. Something to keep in mind as we enter 2011.



“Moving together toward a healthier America”

MAD FOR WALKING

Bill Irwin is an amazing man. This courageous Appalachian hiker was blinded by an eye disease at the age of 28. On March 8, 1990, Irwin, accompanied only by his dog, set out from Springer Mountain, Georgia during some of the worst floods in the state’s history. Eight months later on November 21, Irwin arrived at Mount Katahdin, Maine, the first blind man to through-hike the Appalachian Trail. Despite breaking a rib, falling on countless occasions, and having many difficulties in persuading the well-trained Orient to guide him along such a dangerous path, his love of the mountains spurred him onwards.

Reprinted from the *Walker’s Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 22.

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Next Meeting: January 11 - ALL ARE WELCOME! details and map are now [here](#)

Sections that rarely change are also at this link: AWW Challenge information, AWW Challenge results, list of officers/valued associates, and Weekend Walking description.

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AWW Challenge Completions

Congratulations to those who completed the AWW Challenge:

2010
Jan Breneman

Please turn in your completed books to Liz Connors

[☺☺☺](#)

Upcoming Club Event/Weekend/Wednesday Walk Calendar:

Events: March 19, 2011 - Fruit Valley
May 28, 2011 - Washougal River Greenway/Lookout Ridge
August 13, 2011 - Moulton Falls
October 8, 2011 Ridgefield/Birdfest
October 27, 2012 - Cedar Creek Grist Mill

Group Walks: Wednesday Walks -
<http://home.comcast.net/~titone7604/Wed/wed.htm>

Weekend Walking: <http://home.comcast.net/~titone7604/weekend/weekend.htm>

NORTHWEST REGION'S CALENDAR OF EVENTS –

Dec 31 NW Emerald City Wanderers Seattle 206-789-1960
Dec 31 Wk Vancouver USA Vancouver 360-991-8806

2011

Jan 1 Wk Emerald City Wanderers Seattle 206-789-1960
Jan 1 Wk Columbia River Portland 360-991-8806
Jan 8-9 SS Evergreen Wanderers South Cle Elum 253-582-7474
Jan 8-9 XS Evergreen Wanderers South Cle Elum 253-582-7474
Jan 15 Wk Daffodil Valley Volkssport Puyallup 253-841-0580

Feb 5-6 Wk Four Plus Foolhardy Eatonville/NW Trek 253-531-2796
Feb 5 Wk Columbia River Portland/Pre-Super Bowl
– OTSVA Meeting 360-921-1909
Feb 12 Wk Columbia River Portland–Heartbreaker 503-453-6018
Feb 19-21 Wk Capitol City Ocean Shores/ESVA Meeting 360-273-0390
Feb 19-21 Bk Capitol City Ocean Shores – Seabreeze Bike 360-273-0390
Feb 19-21 Wk Capitol City Ocean Shores–
Griffiths-Priday State Park 360-273-0390
Feb 19-21 Wk Capitol City Ocean Shores
– Damon Point State Park 360-273-0390
Feb 19-21 Wk Capitol City Volkssports Ocean Shores
– Bayside 360-273-0390
Feb 19-21 Wk Capitol City Ocean Shores–Beach 360-273-0390
Feb 26 Wk Interlaken Trailblazers Woodinville
- Snails to Trails 253-813-1776
Feb 27 Wk Anchorage Volkssport Anchorage–Fur Rondy 907-337-0366

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<p>January Birthdays: Hernandez, Noemi 1/1 Connors, Liz 1/5 Snodgrass, Cheryl 1/21</p>	<p>Achievements: none reported</p> <p>please contact the editor with event and distance milestones</p>
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Welcome to new members: none reported

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