



All Weather News
October 2013
<http://www.allweatherwalkers.org/>
Deadline for Nov news: Oct 24



From: Candace Purcell Interim Executive Director/Financial Director
candy@ava.org

October is National Volkssport Month

Serious national recognition of Volkssporting began in 1987 with the Nationwide Volkssport Weekend. In 1991, the AVA National Executive Council (NEC) expanded the celebration to the entire month of September, and now of course, that has changed to October. The name was also changed to the National Volkssport Month.

Any event taking place in October can be designated as part of the national celebration and the approved patch to commemorate the occasion is available for purchase. Limited quantities of patches are available at the National Headquarters and if ordered in time (30 days out from event), can 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 can be honored for unused patches. The patch design was submitted by Dorm Batson of the Northwest Region and depicts a beautiful fall scene on a full-color, 100% embroidered cloth patch. Visit <http://www2.ava.org/graphics.php> to view the design. The patch order form is attached with this Checkpoint.

Clubs are encouraged to promote your October events by using the press release for the National Volkssport Month that is included in the Press Releases section of the Club Publicity Toolkit. The release is fill-in-the-blank and can be personalized with local club information. Historically, the October month was selected to take advantage of more favorable weather conditions in most parts of the country. Additionally, it was felt that October dates could be more often coordinated with local autumn festivals such as Oktoberfest. This month normally generates the largest percentage of established, sanctioned activities during the year as well.

Check with your local chambers of commerce, the Parks and Recreation Department, scouting organizations and other walking groups in your area to see what they have planned for October. Offer to co-sponsor an event or two and provide resources to make them a better quality activity. All AVA clubs are

encouraged to plan an event in October in recognition of National Volkssport Month.

[¥¥¥](#)

From: Nancy Wittenberg nwittenberg@q.com (our Regional Director):

1. The Port Gamble trails are now again open to the public. All that heavy rain we had did the trick! So YRE 1685 is now open again.

2. **Record Books and Insert Cards.** It has come to my attention that many walkers and club members do not know what to do with insert cards and even ROA (Record of Achievement) books – the red and white one. When someone brings an insert card to be stamped that is filled with stamps, please remind them that insert cards must have the appropriate record book with them to send in to AVA for awards. The back of record books state: “**A new IVV Event and/or Distance**

Record Book must be purchased for each level of achievement starting with the lowest level award.” We have also had instances where ROA Book has been stamped with event stamps. Please educate your club members.

3. **From:** Allan Heritage [mailto:agheritage@hotmail.com]
Sent: Wednesday, September 04, 2013

We have now reopened the Pullman WA (YRW1949/Sanction 94343) and the Moscow ID (YRW 944/Sanction 94348). The new start point is in the medical offices at 825 SE Bishop Blvd, Pullman WA

4. Turnaround Trekkers, Club 06-0679, sponsors two events at Hammond, Oregon: **Waterfront and Nature (Stamp # 819) and Ft. Stevens State Park (Stamp #1972)**

The registration point changed hands and the name has changed. **Old name was Hammond Groceries and Bait and the NEW name is Wilky's Bait & Groceries.** The new owners have agreed to let us keep our start materials there, thankfully, so the address and the driving directions remain the same.

5. The Cedar Miler **Waterhouse Boardwalk YRE 1439 10k route** is temporarily closed due to park construction and no viable rerouting available. The 5k route is open. Park construction expected completion date is 1 November.

6. George Withers is reporting that our start box is missing at **GW Hunters**. Please let everyone know we are temporarily closing the **Post Falls walk** until we can talk to the new owner. This was the start point for the long distance Trail of the **Coeur D'Alenes walk** too. The club has an extra stamp for that event so if anyone wants to do that walk before the start box is replaced, they should contact me at rgforsythe@usa.net. We can arrange mail in registration.



President's Corner – Joe Titone

I'll continue to discuss declining attendance at AVA events. As you can see from last month's column, politics plays a part in walking. I think in any human endeavor, having any group will result in diverse opinions. On the one hand we have the traditionalists who want to change very little, and then you have the iconoclasts who lobby for a radical overhaul.

What typically happens is some change, but the rate varies with the organization and the people involved. To grow, AVA must do things that appeal to a very wide variety of walkers. I walked all over Los Angeles for 14 years without ever encountering Volkswalking. I didn't know what it was until I arrived here. Los Angeles, a city obsessed with appearances (due to the entertainment industry), has enormous numbers of people working out, but you'd be hard pressed to find as much Volkswalking activity among the 13+ million in that metro area as you find in Vancouver alone.

Here in the Pacific Northwest, we're lucky to be in a walker's paradise. We've started new kinds of walks, e.g. group walks, which have proved very popular. Even so, our attendance is down over time. I'm told that up to 2,000 walkers attended events here in the last century.

I have a particular fondness for group walks – what great VW and non-VW friends we've all made as a result of group walks. What great times we've had! I don't pretend to have all the solutions, but imagine what might happen if a group walk were scheduled every day of the year. If any nearby club wished to hold an event, that would cancel the group walk(s) for that day.

Interestingly, I could schedule 365 group walks in less time than the total hours expended on just one event. The clubs would have to cooperate to do this, because no one can be at or lead every walk. To schedule a group walk, all we need are 2 leaders, one for the 10K and one for the 5K. The rest is easy. It's

something to think about. Group walks raise YRE attendance, sometimes significantly, and bring walkers with unusual working schedules into the fold.

[¥¥¥](#)

Next Meeting: October 8 - ALL ARE WELCOME! Details and map are now at <http://www.allweatherwalkers.org/static.htm>

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

[¥¥¥](#)

Club Events/Weekend/Wednesday Walk Calendar:

Saturday, May 24, 2014: Tenny Creek Walk from Vancouver Church of God (King's Way Chr. Sch.)

Group Walks: Wednesday Walks – 1000 am
<http://home.comcast.net/~titone7604/Wed/wed.htm>

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

[¥¥¥](#)

October Birthdays: Townsend, Leah 10/20	Achievements: please contact the editor with event and distance milestones none reported
--	---

[¥¥¥](#)

Welcome to new members – none reported

[¥¥¥](#)

Jan Breneman's corner: [Three Lakes a Surprise](#)

“This is among the top three favorite walks I've done.”

“What a great route – it had everything!”

“One of my favorite things was that whenever I had a choice to turn, there was always a ribbon to help.”

Clearly, the walkers on Saturday, September 7, were impressed with the Three Lakes walk route. Both the 5km and 11km trails came together quite easily more

than a year ago and were equally well received. The main object was to feature the forest path above Fallen Leaf Lake and it needed dry weather – rains would make the trail muddy, slippery, and probably dangerous. So the date was set accordingly and as it was, the heavy rain two days before had not affected the trail too seriously, thanks to protection from the thick tree cover.

Tom and Louise Baltes offered their home for the 6km Checkpoint and put together some interesting displays of IVV/AVA patches and pins, their 50 States mementoes, cane shields, and the intricate walking staffs that Tom makes as a hobby. To quote another walker: “That was one of the more interesting Checkpoints I’ve seen.”

And it was a surprise to me as well. The day began with a locked gate at the parking lot, no answer at the caretaker’s door, and people piling up to start – a nightmare! But once the gate was opened, several of us made record time setting up and getting everyone on their way just in time. I felt good about the route design itself, but was worried about the recent rains affecting the path above Fallen Leaf Lake. Fortunately it ended up OK after all and my nerves calmed as walkers piled on the compliments at the Finish Table. (Of course, the sunshine accompanying the first finishers in late morning could have had something to do with the happy moods, too.) I was really hoping for 100 walkers, but 150 showed up – WOW! Also a surprise to me was how many people had not been to the park before, despite our two YREs having been in place for a few years now. The Three Lakes route will replace the Round Lake YRE as a Seasonal next year, so it will be yet another chance to check it out and hopefully they will return.

As with the last walk at Fairway Village, the volunteers were again more than enthusiastic, and I can’t thank them enough. Joe Titone designed the 5k with help from some of his Osprey friends, and James and Jean Ohi subsequently checked the route, all several months ago. Tom and Louise Baltes, Burt Paynter, and Earl Bowen all helped mark the trail Friday afternoon, with Linda Barneson (and pooch Josie) checking it the next morning. Bonnie Goodlett and Barbara Baker (Registration); Carol Jensen and Dick Baker (Start Table); and Linda Barneson, Jean Moeller, Barbara Salem, and Leah Townsend teamed up together to handle the Finish and the day’s closing. Then Nira Lang and family (and AWW) members Cheryl Snodgrass, Diane Lampe, and Dan & Julie Eaton, as well as Alan Ruger, an All Weather Walker from Camas, made short work of Trail Sweeping; and Liz Connors arrived with the AWW trailer to pack everything up at the end. Whew! THANKS one and all!

One sad thing that marred the perfect day of the Three Lakes walk in Camas was the news that our friend and fellow member Joan Heins’ husband, Don, had lost his long battle with leukemia that very morning. Please keep Joan and her family in your thoughts as they grieve during this sudden transition.

10 TOE PHRASES THAT AREN'T ABOUT TOES

On one's toes: alert, eager

Toe the line: conform

A toe-hold: a small foothold

Turn up one's toes: to die

Walk on tiptoe: walk quietly

Toey: restless

Toe in the water: a test

Tread on someone's toes: tactlessly offend somebody

Keep someone on his toes: keep someone attentive

Toerag: a person you don't respect

Reprinted from *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 65

¥¥¥

Following are the 2013 State Parks "free days":

Nov. 9 through 11 Veteran's Day weekend

A Discover Pass will still be required on these days to access lands managed by the Washington State Department of Natural Resources and the Washington Department of Fish and Wildlife.

¥¥¥¥¥¥