

	<p style="text-align: center;"> All Weather News March 2014 http://www.allweatherwalkers.org/ Deadline for April news: March 24 </p>	
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Final Notice: Your membership dues are now payable. \$6 for an individual and \$12 for a family should be sent to

Membership, All Weather Walkers
 PO Box 241
 Vancouver, WA 98666-0241

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From: Stephanie Sinclair, Executive Director ssinclair@ava.org

1. **Special Thanks:** I would like to extend a word of thanks to our National Board President, Dennis Michele and our entire National Executive Council for offering me the opportunity to join your team. I believe in our mission to provide fun, fitness, and friendship through noncompetitive sports and am glad to be able to offer my skill set to help secure a viable future for the AVA.

A special word of thanks goes to Candace Purcell. Candy has “held down the fort” at the AVA Headquarters serving in two capacities as both Finance & Operations Director and Interim Executive Director. Please continue to show your appreciation for all her hard efforts throughout the years. Candy, and our headquarters staff, has welcomed me aboard seamlessly. I am tremendously thankful to her for all she does for AVA. Candy continues in her work as our Finance & Operations Director and direct supervisor for our staff. Thanks to her expertise and dedication, I feel confident in moving into the public realm across the country to work with you all as we actively seek partners for our movement and promote our mission.

2. **IVV World Walking Day:** Scheduled for May 8, 2014. Walks are held by International Association of Popular Sports (IVV) associated clubs worldwide. AVAHQ requests that AVA clubs provide to them, no later than March 15, the number of achievement certificates needed to support your walking events for this

activity. Walks may be hosted the weekend before May 8, or on May 8, or the weekend after. Participating walkers will receive a certificate, if ordered from AVA.

3. **Save the Date 12-13-14:** Regional Directors are seeking buy-in from their respective clubs to conduct an AVA national day of volkssporting starting at 10:11 a.m. on December 13, 2014. Events that day would take advantage of a special date configuration that won't happen again for another five decades (10, 11, 12, 13, 14). The NEC is asking clubs to check their event schedules for December 13. There has been discussion about creating a national participation patch and a special event slug. More information to follow.

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

1. Starting Point Changes: Forest Grove, OR: Due to construction at front of Tuality Forest Grove hospital, the AVA start box is relocated to the Emergency entrance. Park in the lot near the front entrance and walk to the Emergency entrance (just a short walk right of the front entrance). Ask the person located on the right of the Emergency waiting room for the Walk Box.

2. Starting Point Changes: Be sure to check the www.ava.org website before planning any trips involving YREs. Many times start points have changed. Hopefully each club is making changes to the AVA website when they change a location, even if temporarily. And, notifying linda@ava.org so she can put them in the "Starting Point Changes" page and in the TAW.

□ **Gig Harbor YRE 1234** is temporarily closed. The McDonald's remodel had made this place impractical to use. The new start point will be the ACE Hardware, but has not been set up as yet. I'll forward information when it is available.

□ **Albany YREs Y0215 & Y0934:** The start point for these walks has been further changed from Starbucks to the Subway in the same complex. Ask for red notebook under customer service counter. Payment to be mailed. Open daily 5am to 7pm.

□ **Port Gamble YRE 1685:** Available again. Store was closed for remodeling Jan. 3.

3. **Participation Decline:** Overall participation nationally for all types of events in 2013 **increased** by 4590 participants or 2.6% over 2012 to 181,040. Five regions increased participation. However, the NW region **decreased** by 591 participants or 1.4% to 41,118 down from 41,709. Let's not stand on our laurels of being the

region with the most participants. Let's look at how we can increase participation: more traditional events by more clubs, more publicity by individual clubs in their own areas for their events, etc.

4. Remember the NW Regional Conference: Portland State University June 23-28, including seven walks and 4 swim events. Go to

<http://www.walkoregon.org/conf/nw2014.htm>

for information, a brochure and links to registration.

5. AVA Convention 2015: Please put **June 13-21, 2015 on your calendar** for the next AVA Convention in Salem, OR. The Grand Hotel in Salem will be the convention site. Kings and double Queens will be \$127/night including breakfast. Parking is free. Great walks are planned throughout the area, some previewed at the NW Regional Conference. Watch for a request for volunteers. Sam Korff is chair. Plan to attend.



President's Corner – Joe Titone

Genesis of a walking club: from last month: So here I was a 44-year old, fit tennis player who was ready to conquer a new activity. Find out how I did next month and what happened to bring the Walkie-Talkies into being.

I joined the A-group on my first walk, and everyone else was soon out of sight. In subsequent weeks, I moved down to B and then to C and found out that as a C walker my only goal was to keep the second last walker in sight – I was always the last. It took one year for me to pass anyone for the first time. That's how different an aerobic sport like walking is from a non-aerobic one like tennis. Thereafter, I steadily improved and finally made it to one of the faster walkers in the A group. As we all know, group walks are a very social activity, and I soon became close friends with a number of the other walkers, and we sometimes did other walks during the week.

In 1986, the aerobics instructor moved away, and our Saturday walks were no more. A group of us decided to continue the walks, and we initially did the same walk every time. This got to be boring so I decided to try my hand at devising walks. I liked doing that so much that I devised 50 new walks the first year, and over the course of the next 14 years raised the total to over 300. That gave us

enough walks so that even walking every Saturday, Sunday and holiday we didn't repeat a walk for about 2 years.

Just like Portland-Vancouver there were many interesting places to walk in Los Angeles, and every time we added a new walk we found other opportunities for more new walks. The club still walks; I've been the president for 28 years, and I send walks out every Monday for the upcoming weekend.

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Next Meeting: March 11 - 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.

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Club Events/Weekend/Wednesday Walk Calendar:

Saturday, May 24, 2014: Tenny Creek Walk from Vancouver Church of God (King's Way Chr. Sch.)
Mt. St. Helens for the NW

Saturday, June 28: Regional Conference – joint AWW/VUV walk at Mt St Helens. Start thinking about volunteering for this joint event.

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

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

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March Birthdays: Ohl, James 3-30 Ohl, Jean 3-31	Achievements: please contact the editor with event and distance milestones none reported
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Welcome to new members – none reported

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Jan Breneman's corner: **RAMBLING RIDDLE**

A man walks 10 miles south, 10 miles east, and 10 miles north to arrive back at his starting point. A bear follows him. What color is it?

Answer: White. He starts at the North Pole.

Reprinted from *Walker's Pocket Companion*, Malcolm Tait, Pavilion Books, London UK, 2007, Page 69.

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