

AVA: AMERICA'S WALKING CLUB!

Benefits of Participation in AVA Programs, Clubs & Associate Membership

Benefits of the New Walker Packet (\$5.00)

- First Event (10) and Distance (500k) Books (\$12.00 value)
- 3 coupons for s "Free" walk credit (\$9.00 value)
- Coupon for 1 Free issue of The American Wanderer
- 10% OFF first Specialties Order
- 1 Free Patch – National Physical Fitness & Sports Month
- The "Quick Guide" to Volkssporting booklet

Benefits of the IVV Achievement Program (\$6.00 per book)

- Event or Distance book
- Patch – signifying milestone achieved
- Pin – signifying milestone achieved
- Certificate – signifying milestone achieved; 5x8
- Motivation to achieve personal fitness results
- You become part of a "movement"
- Tracks your accomplishments

(Similar laydown for Centurion, States/Capitals, A—Z, and various "Special Programs"

And also:

- Special "themed" programs that allow you to see unique/different aspects of an area, or our Nation
- Events in all 50 states and 51 Capitals - you can travel and always find an event
- Unique Programs like "Centurion" or the new Appalachian Trail programs challenge you to achieve extended fitness goals

Direct Benefits of AVA Club Membership --

- Access to Sanctioned Events (under IVV/AVA) ... which means:
 - Organized walks, swims, bike rides...sometimes - *guided*; OR w/ Maps and turn-by-turn directions if you want to go it alone
 - Safe, well thought-out routes in interesting places
 - Gain knowledge of local parks, trails, beaches, neighborhoods and restaurants (joining a club, you will learn all about your area...)
 - Historic notes about scenic features, monuments, buildings, sculptures, etc.
 - On Traditional Events: food, water and first aid support at Checkpoints; start/finish
- meet new people; participate in a group - other people to walk with, become friends with
- an event calendar / receive news about upcoming events, via a club newsletter, website, FB page, or MeetUp site (some or all – depends on the club)
- access to local (club) and Regional (RDs) experts / officials that can answer Qs and solve problems
- **(some clubs)** offer discounted costs for event participation to members (usually \$3.00)

- **(some clubs)** offer “fun walks” or other kinds of non-sanctioned events, at NO COST to participants

Indirect / Intangible Benefits of AVA Club Membership --

- Get a "pedestrian's" point of view - you see the world differently on foot...
- An opportunity to volunteer your time & talents to a 501c. network of clubs supporting an educational mission -- to help people learn about the benefits of non-competitive sports
- You get connected, through a club, to a National network of more than 200 other clubs

Direct Benefits of AVA (Associate) Membership --

LIFETIME. Cost varies depending on age: \$250 (70+); \$300 (60-69); \$350 (50-59); \$400 (40-49); \$450 (30-39); \$500 (1-29). Add spouse (\$100).

Benefits include:

- Membership card
- Life member recognition pin
- Payment installment plan
- Priority processing of IVV record books
- Opportunity to participate in the Centurion Challenge Program
- Lifetime subscription to The American Wanderer (TAW) newspaper (6 issues / yr)
- 15% discount on designated AVA merchandise
- Discount rental cars
- AVA Biennial Convention registration discount (10%)

INDIVIDUAL. \$25 per year.

Benefits include:

- Membership card
- One-year subscription to The American Wanderer (TAW) newspaper (6 issues / yr)
- 10% discount on designated AVA merchandise
- Opportunity to participate in the Centurion Challenge Program
- Discount rental cars
- AVA Biennial Convention registration discount (10%)

FAMILY/FRIENDS. \$30 per year.

Benefits include:

- Membership card
- One-year subscription to The American Wanderer (TAW) newspaper (6 issues / yr)
- 10% discount on designated AVA merchandise
- Opportunity to participate in the Centurion Challenge Program
- AVA Biennial Convention registration discount

Indirect / Intangible Benefits of AVA Associate Membership --

- Athletic Event Liability Insurance coverage that supports all clubs' sanctioned events
- An online, searchable database of all events available Nationally
- A published listing (Starting Point) of all year-round events that you can purchase & carry with you
- Administrative Support to participants & clubs, to include:
 - Processing IVV Books
 - Providing club supplies like marking materials, banners, ...
 - Blank Forms for administration
- News about upcoming / past events, via the TAW
- Recognition of members reaching award Milestones, via the TAW
- Discounted personal equipment/supplies or paraphernalia for walking activities
- You get connected through the AVA, to an international movement with clubs and events in 40+ Nations – Europe, Americas, Asia

Health Benefits of AVA's Non-Competitive Sports Events (Walking, Biking, Swimming, Shoe-shoeing X-Country Skiing, Boating, Kayaking)

Volkssporting:

- ✓ improves posture
- ✓ improves flexibility
- ✓ strengthens muscles of the legs, hips and torso
- ✓ burns body fat; fight v. obesity
- ✓ elevates mood
- ✓ improves mental alertness and memory
- ✓ increases intellectual creativity and problem solving
- ✓ helps relieve stress
- ✓ helps promote restful sleep
- ✓ helps prevent and/or reduce depression
- ✓ improves efficiency of your heart and lungs
- ✓ aids rehabilitation from heart attack and stroke
- ✓ helps control and prevent diabetes
- ✓ lowers high blood pressure
- ✓ reduces level of cholesterol in your blood
- ✓ promotes healthier skin due to increased circulation
- ✓ raises your metabolism so you are burning calories faster, even when you rest
- ✓ reduces stiffness in joints due to inactivity or arthritis
- ✓ relieves most cases of chronic backache
- ✓ increases energy
- ✓ improves self esteem
- ✓ slows aging