

PNW Walk Talk #29 - 2 February 2020



Hello NW Volkssporters and Happy Palindrome Day—02 02 2020!

1. **NW 2019 Data.** With all but 13 of our Year Round Events reported, it looks like we had a very successful year of walking in the region. We're at 31,724 total participants compared to 32,898 in 2018 and I expect our final total will be close to 32,000. Relative to all of AVA we delivered 23% of the total participants. I'm pleased to see that our conversation on the cost of delivering the program has reduced the percentage of reported free walkers by 4% compared to 2018 and I'm hoping 2020 will show continued improvement. Our region still had 53% of the total reported free walkers in AVA, so we need to continue our good efforts on that front.

2. **Virtual Online Program (VOP).** There's still plenty time to join the VOP Appalachian Trail walk this year. I'm also looking for more regional participants to join the regional team and help elevate our position with more steps. Contact me if you have questions or need help getting registered.

3. **Charity Miles.** Last year we began asking you to download the Charity Miles app and start using it to build miles toward your favorite charity and support the AVA team. We have 86 members so far with over 28,300 miles walked, but we need to break through 100 members and then head much higher. The beauty of this program is that your charitable donation is the mileage you walk and corporate donors put up the dollars toward the charity programs you're supporting.

4. **National Walking Week.** You'll find attached to the January Checkpoint newsletter a declaration from the AVA Board of Directors regarding National Walking Week in the first week of April annually. This year we're a little late to develop a comprehensive plan, but I'm hoping most clubs can participate in some way with one or more group walks on a YRE or even a Traditional Event. Now's the time to start looking at 2021 and begin working with your community/county/state leaders on a declaration in support of National Walking Week and develop a Walking Week plan.

5. **Big Give 2020.** In late March we have the annual drive for donations under the Big Give to raise funds to help AVA. Bob Hall, a Vancouver walker, has come up with a great plan to conduct a walk-a-thon to raise money for AVA. Last year he raised over \$800 with little time to promote his walk. This year he is walking 200 kilometers in 8 days and is asking for donations in support of him and/or his dog Panda, who is his companion for all or most of his walking. I'm attaching his plan and donation forms for your club to consider similar fundraising ideas toward the Big Give.

6. **Walker Referrals.** Element3 Health is connected to GroupWorks and they have been in conversation with our national team for several months about a walker referral concept. Several articles have appeared in the Checkpoint newsletter. They are proposing to refer health insurance clients to our clubs for participation in our program in exchange for financial contributions to our AVA and your clubs. I've forwarded information as I received it to your club presidents and hope most clubs will accept the invite, as it has the potential to help us grow our membership.

7. Regional Conference Update.

- **Conference Ts.** Our T-shirt design is in and it looks great! Art work was done by Jerri Wildfong from Rogue Valley Walkers. We'll have three colors to choose from in a variety of sizes and we'll get that information online soon at the conference link in: <http://www.walking4fun.org/>.

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- **Conference Silent Auction.** At the conference we'll have a silent auction with donations from the local area. Donations from clubs or individuals would also be greatly appreciated.

- **Club Photos Needed.** Dennis Standridge will be compiling a group of photos to display on a monitor at the conference hotel. Please email a couple photos to Dennis from your club's recent events to help him build a nice promotional display. Include a brief description of the where, what and when the photos depict. (dstand@centurylink.net)

8. **Lower Mainland BC April Walks.** I've attached an updated flyer from Brenda Dudfield with more information on the lunch menu and cost.

Happy Trails! Tom Baltes, NW Regional Director, 505-298-1256, TLBaltes@aol.com



JOIN US

America's Walking Club (ava.org) has a nationwide, grassroots network of over 200 active clubs nationwide presenting more than 2,500 events each year. We welcome people of any background, age, and ability to come participate in our noncompetitive sporting events. Set your own pace at any of our events whether it be walking, biking, swimming, canoeing, cross-country skiing, or snowshoeing.

If you love to walk and meet new friends, join any of our walking clubs nationwide to find the perfect trail for you. No membership is required, only the motivation to walk! Bring your family, friends, and even pets on the beautiful, unique trails that we offer.

Learn more at [ava.org](https://tinyurl.com/vshakqa). Pledge your support today!

<https://tinyurl.com/vshakqa>



Big Give 2020 Walk-a-thon

JOIN US

FITNESS

HEALTH

LIFE

Walk Long, Stay Strong

Getting out the word about the return on investment of a healthy habit

WHY DONATE TO AMERICA'S WALKING CLUB - AVA?

Our walking programs help people live a longer healthier life by lowering the risk of heart disease, diabetes, obesity, depression and even some cancers. As America's Walking Club, our mission is to bring these walking health benefits to people of all ages and abilities. Walk long, stay strong with America's Walking Club.

Your donations will help increase accessibility of walks in more communities. Access to AVA walks will reduce the risk of disease and will help bring people together all while having fun!

Bob Hall Walk-a-Thon

Location: Various trails around Vancouver and Portland

Wed - Mar 18 - 20km
Thu - Mar 19 - 20km
Fri - Mar 20 - 20 km
Sat - Mar 21 - 60 km
Sun - Mar 22 - 10 km
Mon - Mar 23 - 20 km
Tue - Mar 24 - 40 km
Wed - Mar 25 - 10 km

Thu - Mar 26 - BIG GIVE

(Note: 10 km is approximately 6 miles)

Pledge

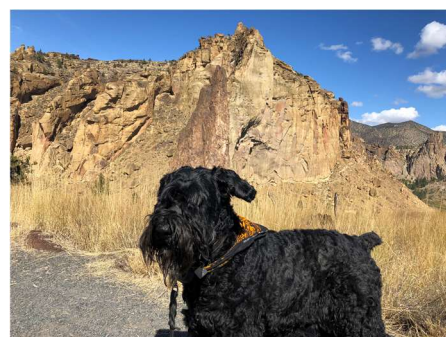
I am walking to raise money to support the AVA vision: "To increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities."

AVA is asking for all donations to be made on March 26th.

I will walk 200 km in the week leading up to the "Big Give" date and I am asking friends, family, neighbors, coworkers, and associates to make a pledge to support my walk. A generous pledge of \$1 per km translates into \$200 for AVA. 10 cents per km nets AVA \$20.

Doggie Dollars

I plan to walk most of the way with my dog, Panda, a Giant Schnauzer. You might consider pledging a "doggie dollar" for every km that Panda walks! You can define how much a doggie dollar is worth!



WALK-A-THON 2020

- | | | |
|--|--|---------------|
| ✓ Commit yourself to walking more often this year! | ✓ Share your knowledge with friends and family | ✓ Get healthy |
| ✓ Make the Pledge | ✓ Join the walking community | ✓ Live longer |

Walk Long, Stay Strong!

For Fun, Friendship and Fitness

Join the growing walking community. Your donation makes a difference!



HOW TO PLEDGE

Sign the pledge sheet and return it to me.
Log into Big Give on March 26th.

Click this link to donate:

<https://tinyurl.com/vshakqa>



CONTACT ME

Bob Hall

360-369-8296

bobhallfamily@aol.com

8616 NE 34th Way
Vancouver WA 98662



GOAL

Last year, I walked 100 km over a weekend with Panda and we raised over \$800.

This year we are walking 200 km and hope to double the pledge amount. Wish me luck!

[illegible]



Come Walk with Us in the Lower Mainland of BC

VABC President's Walk

WEDNESDAY, APRIL 1, 2020

Registration 9:30 - Walk 10:00 am

South Delta Rec Centre, 1720 - 56 St V4L 2B1

Distance: 5,11K Rating: 1A/3A

Walk through residential streets followed by lunch & AGM

Directions To Start: From Hwy #17 - use left 2 lanes to turn Left onto 56 St; turn Left on 18 Ave;
Rec Centre is on Left.

[Please email president@volkssportingbc.ca by

MARCH 25 if you wish to join us for catered lunch]

Lunch - C\$10.00 per person - sandwiches, veggie plate & dip, cookie, coffee, water, pop

Payable before the walk on April 1, 2020

FOLLOWED BY

FOUR MORNINGS OF WALKS

sponsored by Surrey Trekkers and Vancouver 'Venturers

Thursday April 2 - 10:00 am

Delta - Ladner - Ladner Town

Ricky's All Day Grill, 5239 Ladner Trunk Rd, V4K 1W4

Friday April 3 - 10:00 am

Abbotsford - Historic Downtown

Mill Lake Parking Lot, 32995 Bevan Ave, V2S 3C6

Saturday April 4 - 10:00 am

Richmond - Steveston - South Dyke

Steveston Community Centre, 4111 Moncton St, V7E 3A8

Sunday April 5 - 10:00 am

Surrey - Crescent Beach

Crescent Park, Crescent Rd & 129 St, V4P 1J8

See website or VolkssportingBC for walk information

Contact: VABC President, Brenda Dudfield 604-584-1900