



The Strider

Official Newsletter of the
Sun Country Striders, Ltd.

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December 2003

President's Corner

By: Walter Baker

The Holiday Season is upon us...a time for sharing, for hope, for compassion, and for enjoying having your family gathered about you. I would hope that all of us can thoroughly enjoy the special feelings of this Wonderful Season.

Since our last Newsletter we've conducted two Special Walks...the Nutcracker Suite Walk in November and the Christmas Lights Guided Walk just this past weekend in December. In spite of having to roll with the punches...The Nutcracker Suite closing down and the Christmas Lights Walk having to be a bit early, thus less lights than usual...your Club Team made things happen. I applaud the Team effort! We had good publicity (Many phone calls for info and guidance), nice turnouts (Perhaps we'll get some new members), great weather, fine volunteer support, and good refreshments following the Christmas Lights Walk. Wasn't that a beautiful, delicious cake! Good work, Henri.

Our Walks during the first three months of 2004 will be Hosted Walks from each of the YRE Walk sites. Let's support these Hosted Walks! The new 2004 YRE Walks brochure should be included with this Newsletter. Check out the Hosted Walks Weekends. Wilson Family, put my Hilton Hosted Walk on your calendars. See if you can beat the 13 of you who walked the same Walk last year. Fantastic! I might also say that I am having good turnouts for the Hilton YRE Walk thus far this month of December... people from Washington State to Florida. Wonderful!

My fellow Club members, we certainly have a viable Club. We're monetarily solvent; we have a bunch of gluttons for punishment who continue to step forward to make things happen; our statistics aren't bad; and, while we do have great YREs, we're still playing the role of being a Volksmarching Club. We're still having our work/personnel intensive Special Events Walks. I'm proud to be serving as your President. THANKS, TEAM!

I wish all of you the very Happiest of Holidays and the most Successful New Year, 2004! Hoping our Club continues to prosper, I am Your President, Walt Baker



Linden Ranel working the Check Point table located inside the Gallery 28, in La Union, owned by club member Pam Moore. Gallery 28 has all kinds of unique items. If you are in the area, stop by and say Hi to Pam, browse through the jam-packed display area and select some unique items for your home or office.



Our Vice-President, **Henrietta C. Vargas** working the Start-Finish In November

Board of Directors

Elected members:

Walter Baker, President
Phone: 505-525-3990
E-mail: baker@newmexico.usa.com

Henrietta C. Vargas, Vice-President
Phone: 505-524-1041
E-mail: queta_69@hotmail.com

Randy Ranel, Vice-President Trails
Phone: 505-525-0495
E-mail: ranlinranel@zianet.com

Louis Bevacqua, Secretary
Phone: 505-522-0411
E-mail: None

Doyle Piland, Treasurer
Phone: 505-523-7034
E-mail: dpiland@zianet.com

At-large members:

Carol Gaines, Member
Phone: 505-524-4203
E-mail: None

Robert Macklin, Member
Phone: 505-524-8032
E-mail: macklin@zianet.com

Joanne Poulos, Member
Phone: 505-522-3513
E-mail: watch4dog@zianet.com



Sun Country Striders, Ltd., P. O. Box 6787, Las Cruces, NM 88006-6787
A member of the American Volkssport Association (AVA) in the
International Federation of Popular Sports (IVV)



College Campus Walk Program

(The information and rules below are from *The American Wanderer*)

Note: The Las Cruces Hilton YRE qualifies for this program, as will our May 22 & 23, 2004 walk.

At the Regional Directors meeting held in San Antonio, approval was given to run a College Campus Walk Program. The simple rules prepared by Bea Hait, Polly Meltzer and Chris Mellen explain the College Walk Program. The campuses will be bold lettered in the 2004 Starting Point. There are College Day Events being planned in many locations across the country. The response to the program has been gratifying.

The purpose of this new program is to walk, visit and enjoy schools of higher education and earn "walk degrees."

1. Any sanctioned AVA event in the U.S. that includes a school of higher learning (junior college, community college, university, seminary, etc.) and whose walk route goes by academic buildings of that facility will be considered a College Campus Walk. A qualifying AVA sanctioned event may be used only once for College Program credit. **No Repeat of events.**

2. If a walker is unsure if a particular event qualifies as a College Campus Walk, the POC of that event will provide the answer based on #1 above.

3. The program will be in effect January 2004 until January 2008 and may be extended at the discretion of Walk 'n Mass Volkssport Club.

4. If more than one school's campus is included on the route of a single event, they will be noted collectively as one College Campus Walk.

5. Should two or more sanctioned Volkswalk routes include the same school's campus, only one event counts toward earning a "degree."

6. Special preprinted College Campus Event Books are to be obtained from the College Campus Walk Chairman for \$8 each. Checks should be made payable to Chris Mellen, College Walk Program.

7. College Campus Event Books are to be stamped at the time the walker has their AVA Books stamped for that day or night event, or SE and the college name should be written in the book.

8. If an individual forgets to bring the

College Campus Event Book to a College Campus Walk, insert pages will be allowed in the same manner, as that approved by the AVA for event/distance books.

9. There are four degrees of accomplishment: Associate, Bachelor, Master, and Doctorate (Ph.D). Each "degree" is earned by the completion of five different College Campus Walks. No repeat of events. Attaining a Ph.D completes the Program.

10. Completion of 20 walks for a Doctorate (Ph.D.) is encouraged. Diplomas will be issued for each segment and those who complete the program will receive an embroidered award patch "mortarboard" showing a walker with diploma in hand.

11. An individual may choose to submit each segment as a "degree" is earned or submit all segments when the program is completed (or the individual has reached the highest "degree" desired). Regardless of when the segments are submitted, diplomas will be issued for each of the first three "degrees." Only those individuals completing the 20-walk program at the Ph.D. level will receive the award patch.

12. Completed College Campus Event Books (or completed segments thereof) should be sent to the Chairman of the College Campus Program who will administer this program. The Chairman shall authenticate the completion of the final "degree" attained, for accuracy, prior to issuing an award. The validated Book will be returned to the walker.

13. Any questions, contact Chris Mellen at walkpapu@att.net 978-649-7633.

14. To order College Campus Event Books send a self addressed stamped envelope to Chris Mellen, College Campus Program, 90 Parham Rd, Tyngsboro, MA 01879-1269.

Randy Ranel

Vice-President Trails

The maintenance and upkeep of the IVV/AVA wilderness trail in the foothills of the Organ Mountains takes a considerable amount of time and effort. The start/finish point for our Club's year-round event is the Space Murals Museum and Gift Shop located on Hwy 70.

Eileen Roberts has suggested a group-effort clean-up some time in January or February before the scheduled hosted YRE event in early March of 2004. Date(s) are open, and work is voluntary. Contact Randy Ranel or Jim Ivey.

DID YOU KNOW?

This is the text of the GSUSA "GirlSport Collaboration Guide 1999-2000."

The American Volkssport Association (AVA)

GSUSA is pleased to announce a new collaboration with the American Volkssport Association. This partnership will enhance the GirlSports initiative by providing increased opportunities for girls and adults to have fun, enjoy the outdoors, and get fit.

The American Volkssport Association is a nonprofit organization that governs the sport of volkssporting in the United States. Volkssporting is an organized walk, bike, swim, cross-country ski, or in-line skate program that combines physical fitness, fellowship, and the chance to experience different scenic and cultural areas in one "people's sport." The majority of volkssporting event are walks (volksmarches), usually 5 or 10 kilometers long, in scenic or cultural locations. Events are noncompetitive, and participants exercise at their own pace.

Volkssporting events fall into two categories: "regular events," which are held on one or two specific days when a number of volkssporters gather to do the event at the same time, and "year-round events," some involving 1,110 trails established by the 550 local clubs for all to enjoy at their leisure.

The AVA also has a "Master Program" that honors adults and youth who participate together in volkssporting and recognizes the adults who mentor youth in the physical fitness aspect of the sport.

If they wish, volkssporters can collect "credits" for accomplishing events and distances that will entitle them to earn awards from the international governing body of the sport, the International Federation of Popular Sports (translated as IVV), or in some cases from their local club. There is usually a nominal charge at events to pay for the local awards and the international credit. Participants who don't want to earn awards are welcomed at all times for free. More information and a "virtual walk" are available on the AVA website: <http://www.ava.org>.

AVA Master Program

See GSUSA on Page 3

This program honors adults and youth who participate together in volkssporting and recognizes adults who mentor youth in the physical fitness aspect of the sport. The program also honors youth groups, including Girls Scouts of the USA. No previous experience is necessary and all new volkssporters who sign up for the Master Program can receive guidance, if they desire, from local volkssporting clubs.

Girl/adult teams that participate together in at least 12 sanctioned volkssporting events for distance credit during the calendar year or Girl Scout year can earn a Girl Scout patch. Girls will also earn the rating of "AVA Volkssporter." The award will consist of a certificate for each team member and a medal with a year-bar indicating the year the award was earned. Other awards are available.

Councilwide "Walk Together"

Councils can also work with the AVA to organize "Walk Together"-statewide or councilwide events. Councils that wish to participate will receive a list of all regular events (weekend walks within the council's jurisdiction) from a local AVA volunteer. Councils can then decide if they wish to select at least one event as the official "Girl Scout Walk Together." If no event is scheduled, a local club may design a walk for the council. The selected walk must have a 10-kilometer length and a "shorter trail" (usually 5 kilometers). The walk should also be accessible for the physically challenged based on the need of the girls of the council.

Any walk that is designed for the council must go through the usually 90-day sanction process by the AVA for safety and publicity. Custom walks are open to all volkssporters. The local volkssport club will administer the walk by coordinating with local authorities, setting up markers, providing checkpoints, providing workers for the starting and finishing locations, and providing safety monitors. The club will do trail cleanup.

The registration fee for all girls who want to earn the patch will be \$2 plus the actual cost of the patch. Anyone can walk for free for no award.

All Girl Scouts under 16 years old must walk with an adult. Adults can be family

members or other adults approved by the family.

For more information, contact:
American Volkssport Association
1001 Pat Booker Road, Suite 101
Universal City, TX 78148
Telephone: (210) 659-2112
Fax: (210) 659-1212
E-mail: avamaster@aol.com
Website: <http://www.ava.org>



Above, **Christopher Bennett**, the Grandson of **Elisabeth Johnson**, stands ready to do his first ever Volksmarch at the Nutcracker Suite Volksmarch in November.



Debbie Ivey works at the Start-Finish for the Nutcracker Suite Volksmarch in November

RECOGNITION & AWARDS

The December/January issue of The American Wanderer lists the following IVV awards for local Volkssporters:

Events (number)

- 30 - Elisabeth Johnson
- 2500 - Bob Glover
- 2600 - Ruth Ann Glover
- * The Glovers are snowbirds from Washington who live in Deming during the winter.

Congratulations to all. Whether you are just starting out, or have been doing it for a long time, keep it up.

new balance 

Did You Know?

❖ In addition to free shoe certificates and free participant gifts for each event, New Balance also provides free course marking material for all our events.

Below is a listing of our **UPCOMING EVENTS** for 2004. Mark your calendar and be sure to participate in all these events.

2004

Jan 10 & 11, 8:00 - 11:00 AM ... Best Western Mesilla Valley Inn - Hosted Year-Round Walk.

Feb 7 & 8, 8:00 - 11:00 AM ... Las Cruces Hilton - Hosted Year-Round Walk.

Mar 13 & 14, 8:00 - 11:00 AM ... Space Murals Museum - Hosted Year-Round Walk.

Apr 17 & 18, 8:00 - 4:00 PM ... Tortugas ("A") Mountain, Las Cruces, New Mexico walk.

May 22 & 23, 8:00 AM to 4:00 PM ... New Mexico State University walk.

Sep 11 & 12, 8:00 AM to 4:00 PM ... Alameda Elementary School, Las Cruces, NM walk.

Oct 16 & 17, 8:00 AM to 4:00 PM ... Fort Selden, Radium Springs, NM walk.

Nov 20 & 21, 8:00 AM to 4:00 PM ... Walk at the La Viña Winery in La Union, New Mexico.

Dec 18, 5:00 PM ... Christmas Lights Guided Night Walk (5:30 - 8:00 PM), Trails West Clubhouse, 1450 Avenida de Mesilla, Mesilla, New Mexico.



Farewell to the Nutcracker Suite

This is "Beba's Place" at the Nutcracker Suite. This is the building used by the Sun Country Striders for many years as the Start-Finish for our November Volksmarch. The Nutcracker Suite has closed and we will not be able to have the November Volksmarch there. However, not far away, on New Mexico Highway 28, is La Viña Winery, which has agreed to allow the November Volksmarch to be held there beginning in 2004. So, the volksmarch route will essentially be the same, but with a different Start-Finish location. Our thanks to the Portillo Family for their hospitality over the years.

Bob and Ruth Ann Glover check in at the Finish table after completing the November Volksmarch at the Nutcracker Suite. The Glovers are from Deming (in the winter) and Washington (in the Summer) and are listed in the Recognitions and Awards section on page 2 for completing 2500 and 2600 events, respectively.

