Tina's Compendium

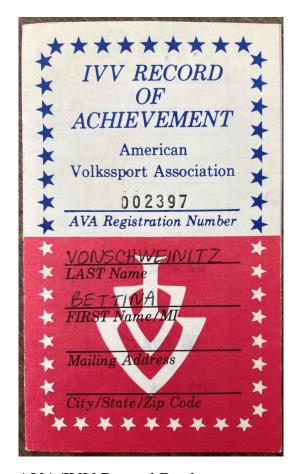
AVA
1982
Through
2016

by Bettina von Schweinitz

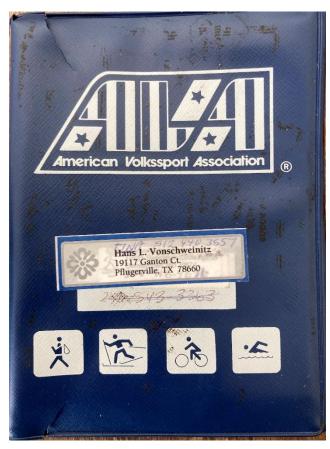
Introduction 2

Introduction

In 1982 I was in the US Air Force in San Antonio and I found out about Volksmarching from the Base Newsletter. I participated in a walk and enjoyed myself. I became a member of the AVA (American Volkssport Association) and continued to walk until 2016.



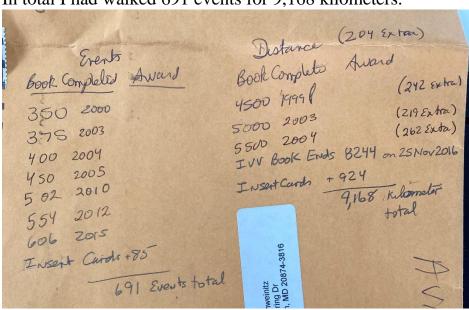
AVA/IVV Record Book



Cover for my Walking books

Total Events and Distance

In total I had walked 691 events for 9,168 kilometers.





I was sending in my completed books to the AVA and receiving the certificate (and other goodies) until this letter arrived in 2002.





Join Volkssports Associates Today!

Dear Volkssporter:

The American Volkssport Association is offering a special opportunity to become a Volkssports Associate. Join or upgrade your level of membership between June 1 and September 30, 2002 and receive the additional rewards available only during this membership drive.

When you join you will receive your personalized membership card, which will identify you as a volkssporter and classify your level of membership. As a Volkssports Associate or Volkssports Associate Lifetime Member you will be entitled to special savings through the AVA. All members will be eligible for exclusive offers and promotions from New Balance as well as member only discounts at select New Balance retailers. For a limited time when you sign-up for membership you will also receive welcome gifts from New Balance and the AVA. If you are currently a member consider upgrading to Lifetime Membership and increase your rewards. Here is what you can look forward to at each level of mem-

VOLKSSPORTS ASSOCIATE LIFETIME MEMBER BENEFITS

- A lifetime subscription to The American Wanderer
- A discount on AVA Convention registration
- Next day processing of books
 - A 15% discount on AVA Specialties and AVA/New Balance Apparel
 - A New Balance Welcome Gift (June 1- September 30, 2002 only)
 - An AVA New Member Gift (June1- September 30, 2002 only)

To distinguish you on the trail, new Volkssports Associate Lifetime Members will receive an exclusive New Balance/AVA Lifetime Member Warm-up through September 30, 2002.

VOLKSSPORTS ASSOCIATE MEMBER BENEFITS

- A 1-year subscription to The American Wanderer; the AVA's premiere newspaper
 A discount on AVA Convention registration

- A discount on AVA Concentration of the concentration of the

Reward yourself by becoming a Volkssports Associate and support a national team of walking associations that are providing a safe, family-oriented, non-competitive form of fitness. Help ensure our sport is present for future generations. You have already experienced the AVA's approach to walking, now experience the privilege of membership. Join today!

Sincerely,

Lancy C Stinge

Nancy C. Stenger AVA President

With Generous Support From Our Sponsor new balance

	Volkssports Associate Club #
	Support Volkssporting across the United States by becoming a Volkssports Associate. Register for your membership too by completing this application or by calling (210) 659-2112 (8am-5pm CST, MonFri). Please make my membership: VOLKSSPORTS ASSOCIATE LIFETIME MEMBER
	Lifetime Membership Fees Please check according to your age: 1-29/\$500 30-39/\$450 50-59/\$350 60-69/\$300 70+/\$250 Foreign addresses please call (210) 659-2112 or email us at avahq@ava.org
	Lifetime Membership may be paid in three monthly installments. Please check the option(s) below: — Please add my spouse for a one time fee of \$100 — Enclosed is my first payment — Enclosed is my payment in full — Please charge my credit card — In full — In 3 installments
	Included with Lifetime Membership is your New Balance / AVA Warm-up through September 30, 2002. Please circle the size and style you need. Men's Warm-up L XL XXL Women's Warm-up M L XL Please include a warm-up for my spouse at \$80. I have indicated the size above.
7	VOLKSSPORTS ASSOCIATE MEMBER
1	Associate Membership Fees Individual (\$25/year) Family (\$30/year) Canadian addresses please add \$10.00 for Individual and Family Memberships

An event book costs \$5 when blank and ½ of \$2 per event and there are 25 events in each book. I already have \$30 invested in each event book. Most of my walks are 10km so it takes 2 event books per 500km.

A Distance books costs \$5 when blank and ½ of \$2 per event and there are 500 km per book. Most of my walks are 10km. I already have \$55 invested in each distance book.

It takes me about 2 years to complete two event books (50 events) and one distance book (500km). To get 10-day processing, I would have invested \$60 in event books, plus \$55 in distance book, plus \$25 x 2 years membership. The total is \$165. The threat from the AVA was that if you do not have a paying membership, you could wait for months after sending in completed books before you get your certificates.

To make matters worse, of the \$2 I was paying per walk, the AVA wanted a high percentage from the clubs.

I never sent in another book since receiving this letter. Instead, I continued buying blank books, paying for the walks, and just filling in the books. Everything was for my own enjoyment anyway.

The following sections have: Event books, Event inserts, and Event certificates Distance books, distance inserts, and Distance certificates



International Record of Popular Sports EVENT Record Book

AVA REGISTRATION #

Mr./Mrs./Other

Record "10" events (1-10); "30" events (11-30); or "50" events (31-50) in this record book. Cross out ("X") the numbers in the above blocks that do not apply.

(Type or print information only)

VONSCHUE MAY 3 1983 Last Name: AMERICAN

VOLKSSPORT

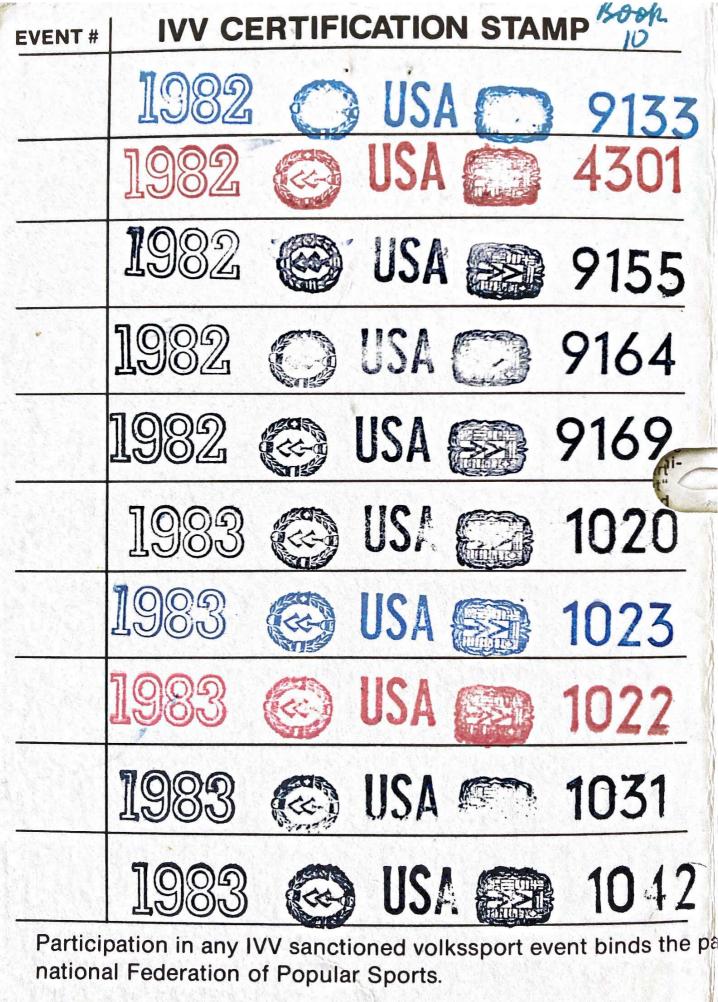
First Name/Middle Initial

Star FAIR NAVEN # 106-13 Mailing Address

Sa Al Antonio TX 78229
City State Zip Code

AMERICAN VOLKSSPORT ASSOCIATION

Member of International Federation of Popular Sports



AVA REGISTRATION #_



International Record of **Popular Sports**

EVENT Record Book

AVA REGISTRATION #

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(Type or print information only)

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Mr./Mrs./Other

First Name/Middle Initial

Mailing Address

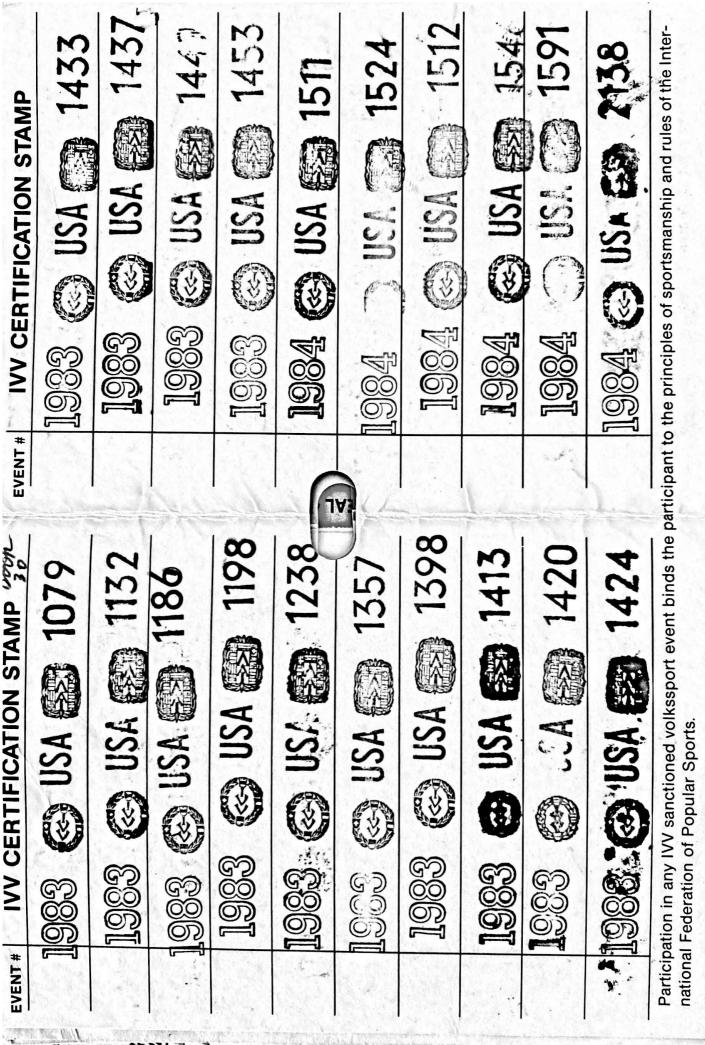
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TX State 78109 Zip Code

AMERICAN VOLKSSPORT ASSOCIATION

Member of

International Federation of Popular Sports



REGISTRATION # -₩ **AVA REGISTRATION #**

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International



International Record of Popular Sports

EVENT Record Book

AVA REGISTRATION # 002397

Record "10" events (1-10); "30" events (11-30); or "50" events (31-50) in this record book. Cross out ("X") the numbers in the above blocks that do not apply.

(Type or print information only)

von Schweinitz

Last Name:

Mr./Mrs./Other

Bettina

First Name/Middle Initial

PO BOX 1044

Mailing Address

Germantown

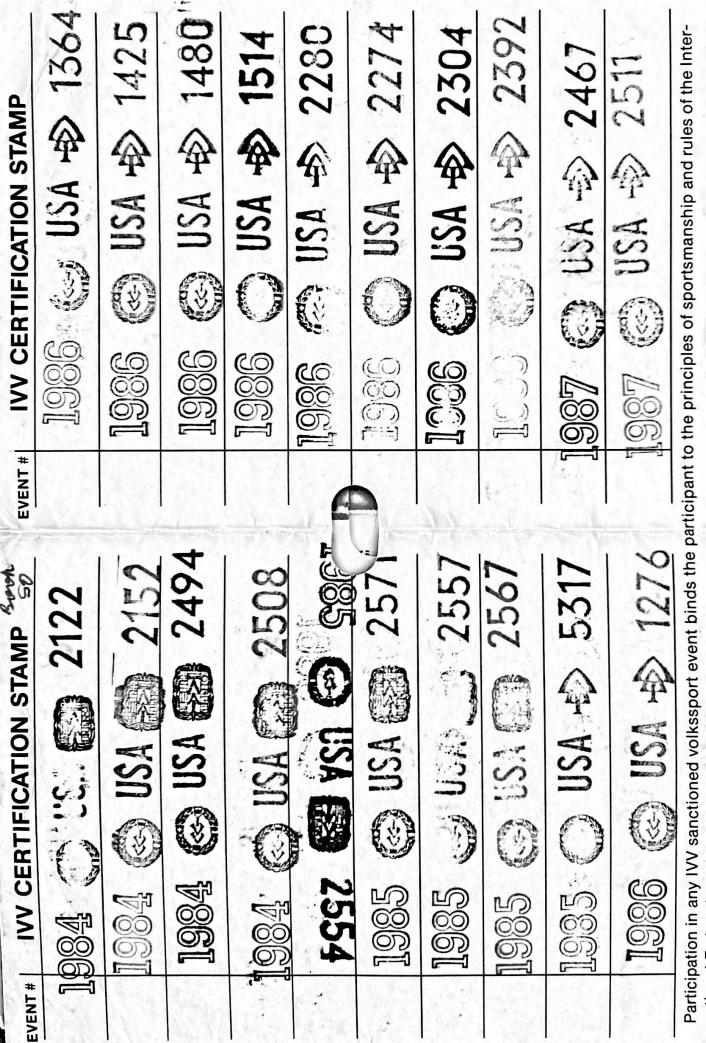
MD State

20874 Zip Code

AMERICAN VOLKSSPORT ASSOCIATION

Member of

International Federation of Popular Sports



AVA REGISTRATION national Federation of Popular Sports **AVA REGISTRATION #**



USA

Internationa Record of **Popular Sports EVENT** Record Book

AVA REGISTRATION # 00239

This book records 25 events. It is to be used only for recording event number 51 through 600. Enter the total number of events you will have completed in the above block when this record book is full.

(Type or print information only)

Last Name

Mr./Mrs./Other

First Name/Middle Initial

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City

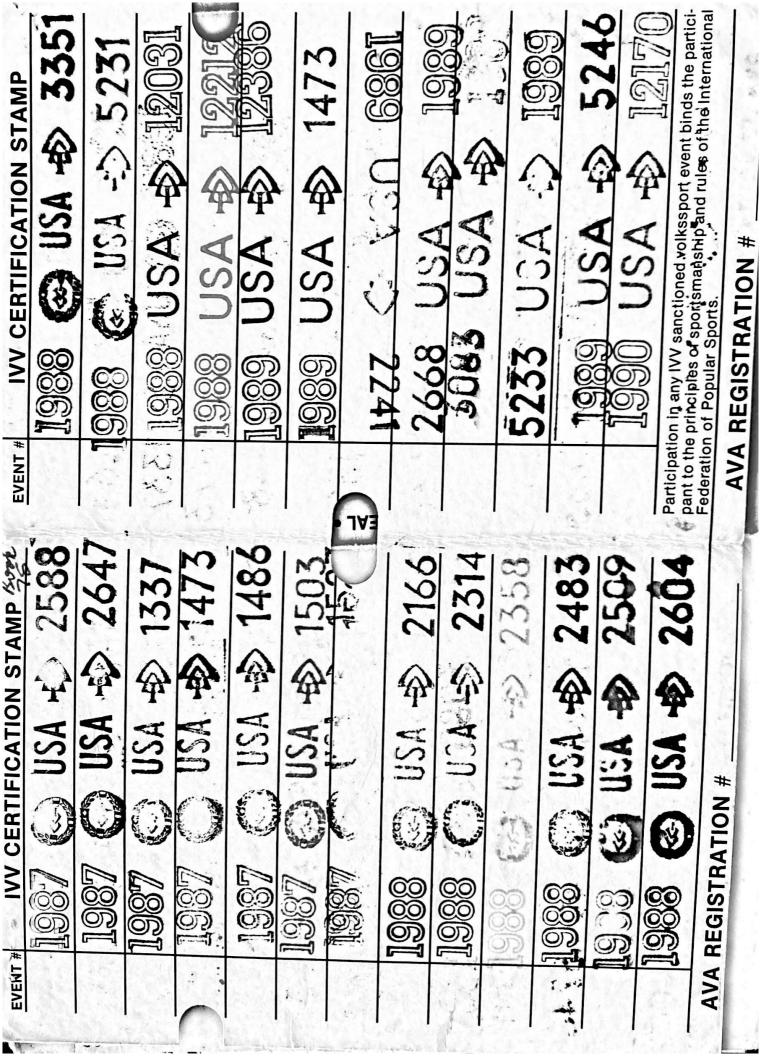
State

Zip Code

AMERICAN VOLKSSPORT ASSOCIATION

1001 PAT BOOKER ROAD **PHOENIX SQUARE SUITE 203 UNIVERSAL CITY, TEXAS 78148**

Member of International Federation of Popular Sports







International Record of Popular Sports EVENT Record Book

100 DET

AVA REGISTRATION #

This book records 25 events. It is to be used only for recording event number 51 through 600. Enter the total number of events you will have completed in the above block when this record book is full.

(Type or print information only)

Last Name

Mr./Mrs./Other

First Name/Middle Initial

Mailing Address

City

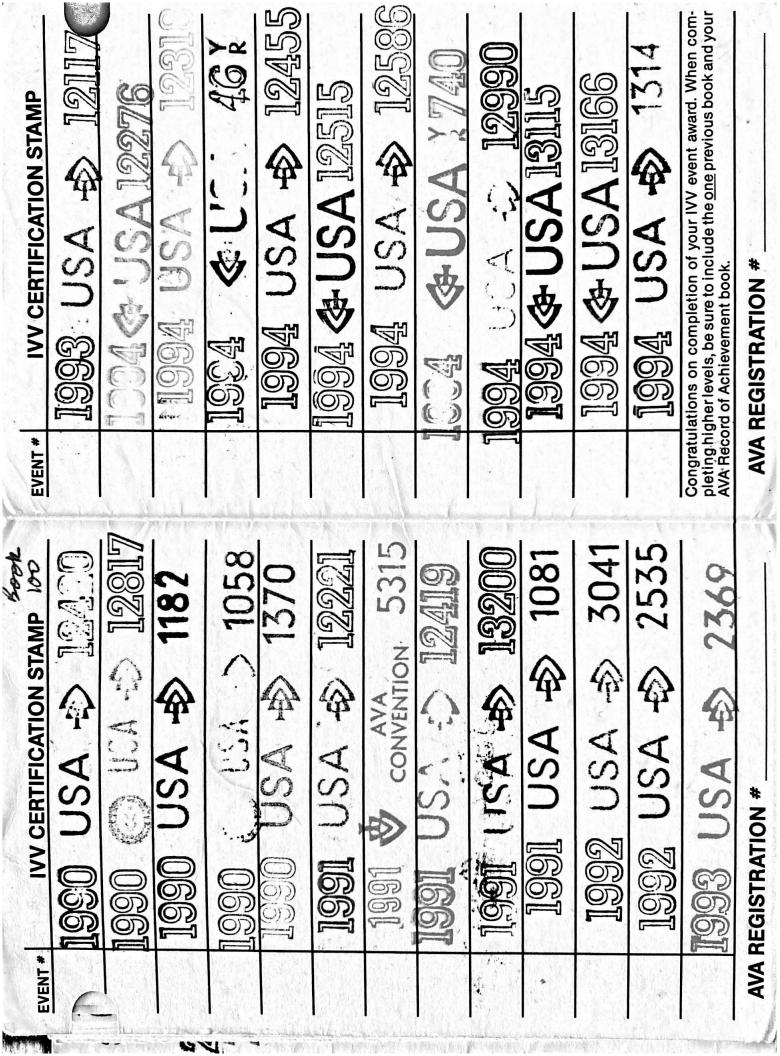
State

Zip Code

AMERICAN VOLKSSPORT ASSOCIATION

1001 PAT BOOKER ROAD PHOENIX SQUARE SUITE 203 UNIVERSAL CITY, TEXAS 78148

Member of International Federation of Popular Sports







International Record of Popular Sports EVENT Record Book

USA

125

AVA REGISTRATION #

This book records 25 events. It is to be used only for recording event number 51 through 600. Enter the total number of events you will have completed in the above block when this record book is full.

(Type or print information only)

TTNA Last Name VON SCHWEINITZ

Mr./Mrs./Other

First Name/Middle Initial

Mailing Address

City

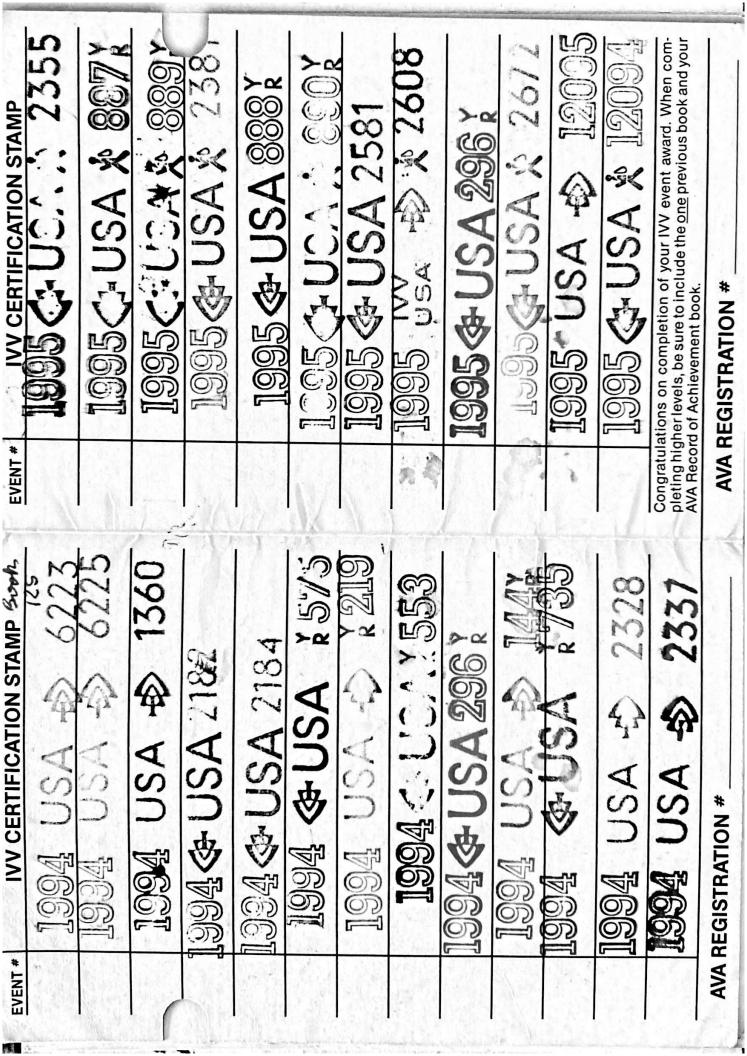
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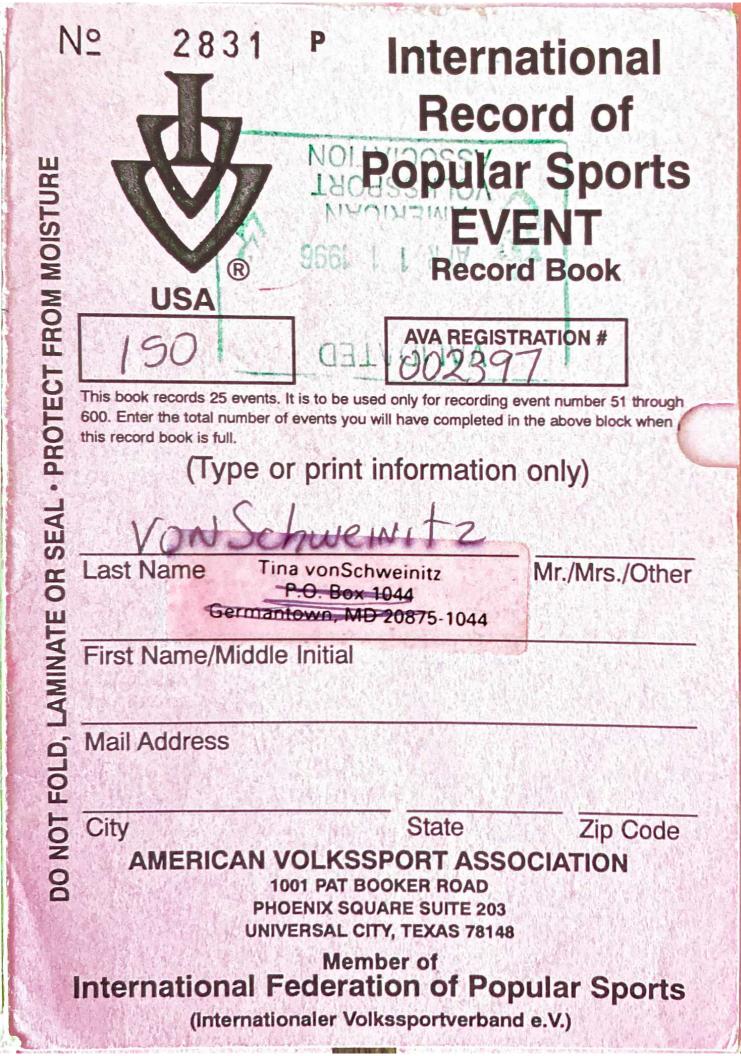
Zip Code

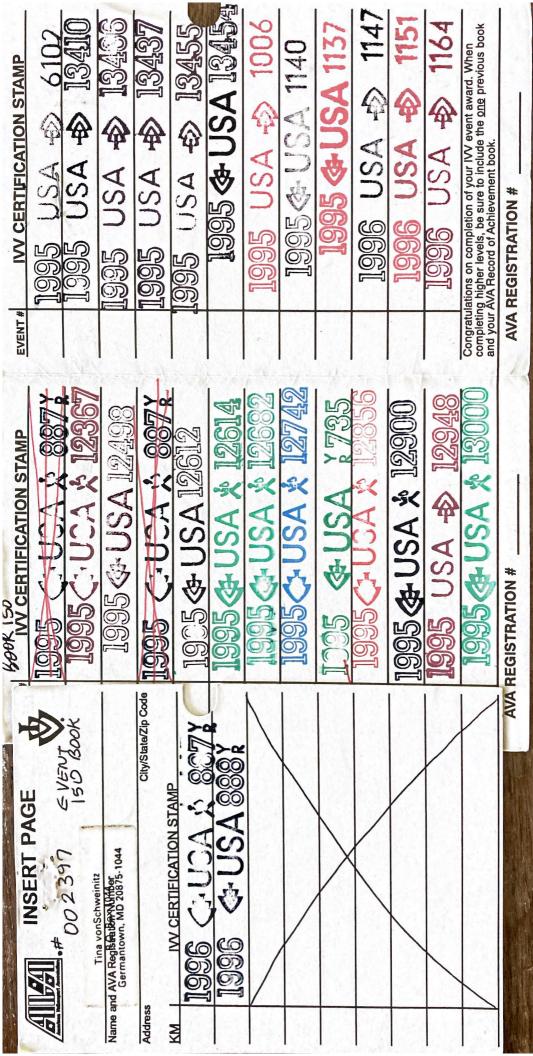
AMERICAN VOLKSSPORT ASSOCIATION

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Member of International Federation of Popular Sports







DO NOT FOLD, LAMINATE OR SEAL · PROTECT FROM MOISTURE

No 8496



International Record of **Popular Sports EVENT**

Record Book

AVA REGISTRATION #

DAI INA - E

This book records 25 events. It is to be used only for recording event number 51 through 600. Enter the total number of events you will have completed in the above block when this record book is full.

(Type or print information only)

Tina vonSchweinitz

Last Name P.O. Box 1044 Germantown, MD 20875-1044 Mr./Mrs./Other

First Name/Middle Initial

Mail Address

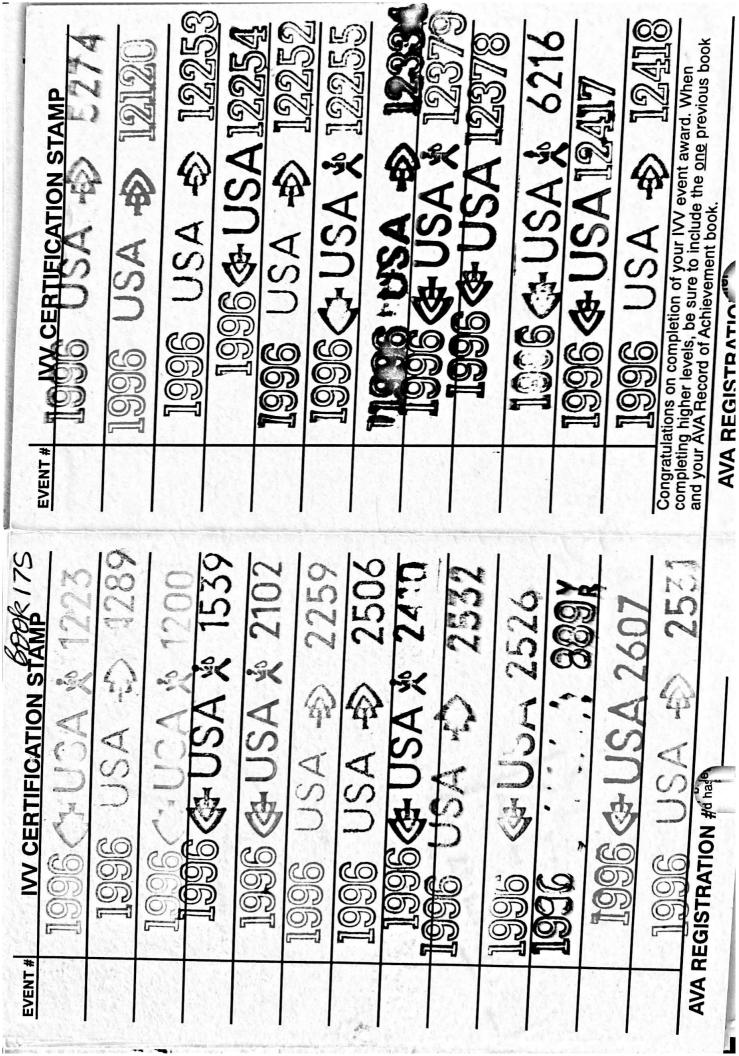
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17728



International Record of **Popular Sports EVENT Record Book**

200

AVA REGISTRATION # 002397

This book records 25 events. It is to be used only for recording event number 51 through 600. Enter the total number of events you will have completed in the above block when this record book is full.

(Type or print information only)

Tina vonSchweinitz

P.O. Box 1044 Last Name Germantown, MD 20875-1044 Mr./Mrs./Other

First Name/Middle Initial

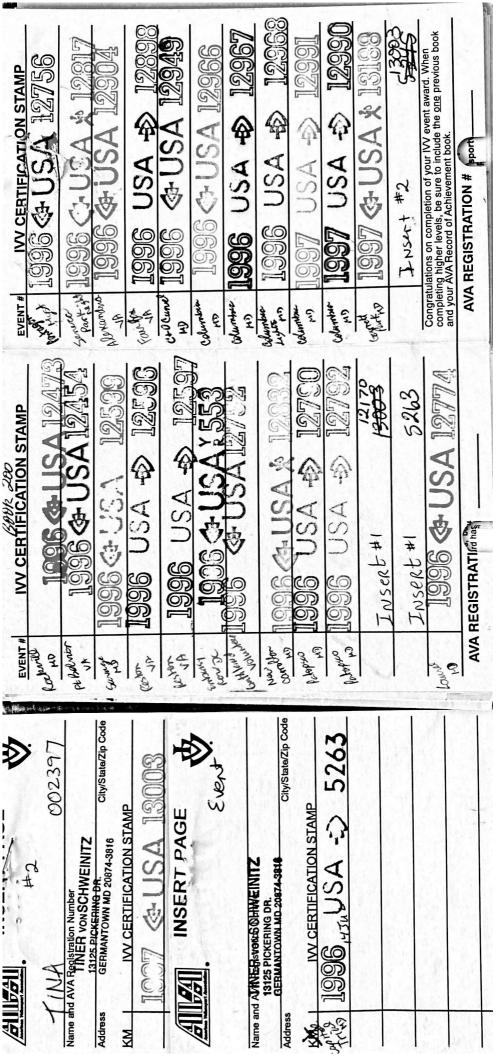
Mail Address

City

AMERICAN VOLKSSPORT ASSOC

1001 PAT BOOKER ROAD **PHOENIX SQUARE SUITE 203 UNIVERSAL CITY, TEXAS 78148**

Member of International Federation of Popular Sports

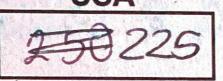


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Nº 5787



International Record of **Popular Sports EVENT Record Book**



AVA REGISTRATION #

This book records 25 events. It is to be used only for recording event number 51 through 600. Enter the total number of events you will have completed in the above block when this record book is full.

(Type or print information only)

Last Name

Mr./Mrs./Other

TINER VONSCHWEINITZ 13125 PICKERING DR

First Name/Middle Initia

Mail Address

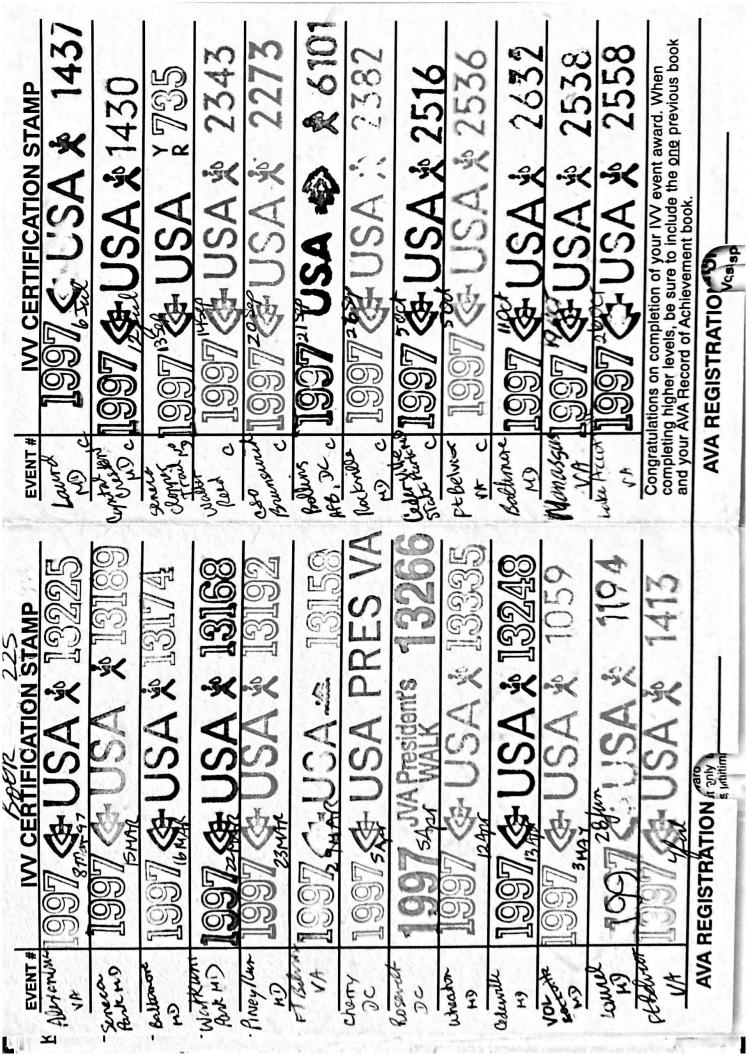
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Zip Oode

AMERICAN VOLKSSPORT ASSOCIATION

1001 PAT BOOKER ROAD PHOENIX SQUARE SUITE 203 **UNIVERSAL CITY, TEXAS 78148**

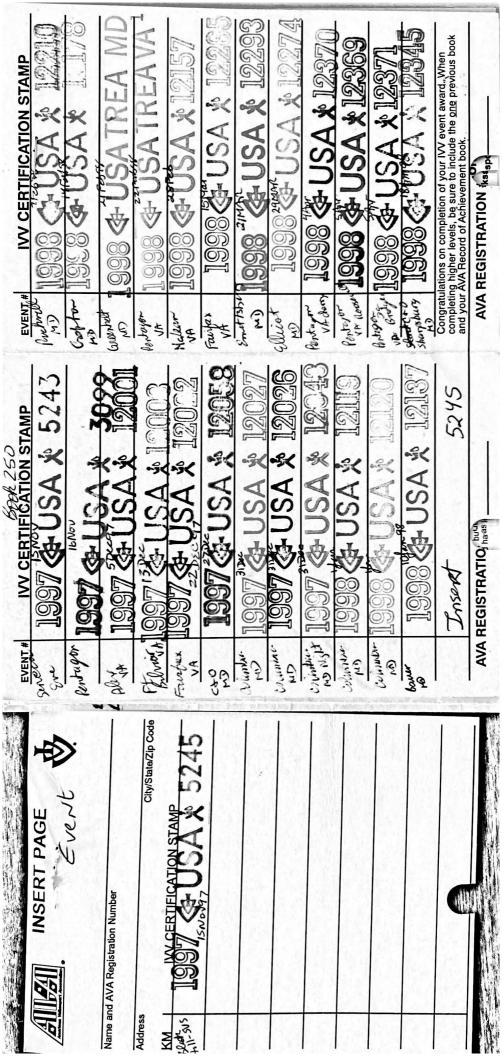
Member of International Federation of Popular Sports



Nº 9456 International Record of **Popular Sports** DO NOT FOLD, LAMINATE OR SEAL - PROTECT FROM MOISTURE **EVENT Record Book** USA **AVA REGISTRATION #** This book records 25 events. It is to be used only for recording event number 51 through 600. Enter the total number of events you will have completed in the above block when this record book is full. (Type or print information only) VON Schwein First Name/Middle on BaltW 13125 PICKERING DR. **GERMANTOWN MD 20874-3816** Mail Address City Zip Code AMERICAN VOLKSSPORT ASSOCIATION 1001 PAT BOOKER ROAD **PHOENIX SQUARE SUITE 203 UNIVERSAL CITY, TEXAS 78148**

International Federation of Popular Sports
(Internationaler Volkstape, reverband e.V.)

Member of



No 17909 PROTECT FROM MOISTURE USA this record book is full.

International Record of **Popular Sports EVENT Record Book**

AVA REGISTRATION #

This book records 25 events. It is to be used only for recording event number 51 through 600. Enter the total number of events you will have completed in the above block when

(Type or print information only)

TINA vonSchwernitz

Mr./Mrs./Other

TINER VONSCHWEINT

First Name Middle township

Mail Address

City

AMERICAN VOLKSSPORT ASSOCIATION

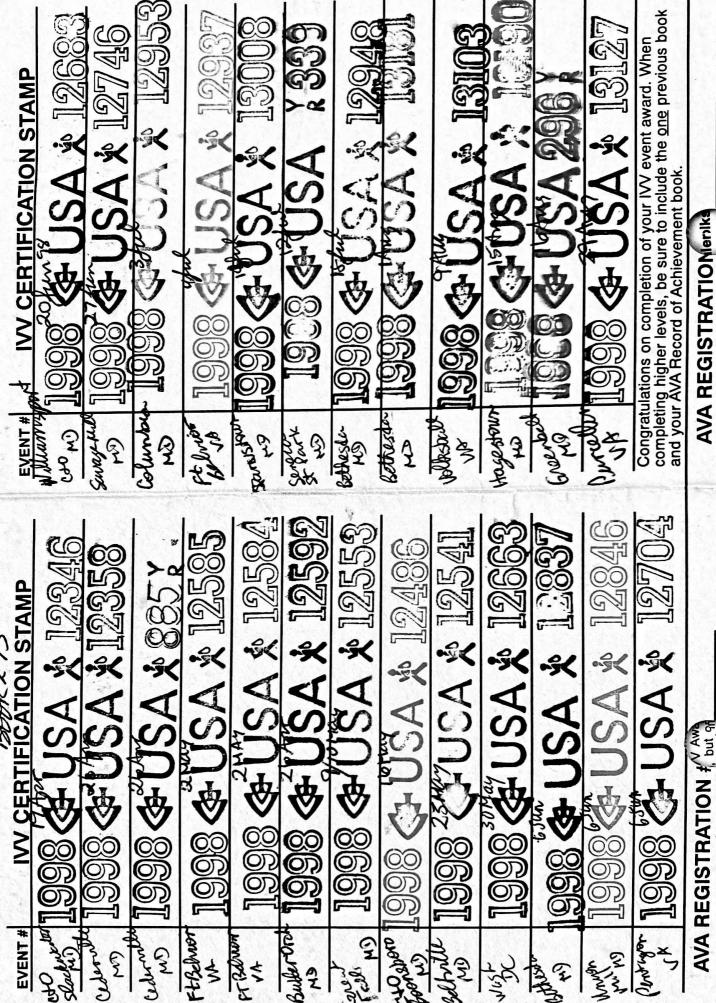
1001 PAT BOOKER ROAD **PHOENIX SQUARE SUITE 203 UNIVERSAL CITY, TEXAS 78148**

Member of International Federation of Popular Sports

(Internationale erolks)

sportverband e.V.)

DO NOT FOLD, LAMINATE



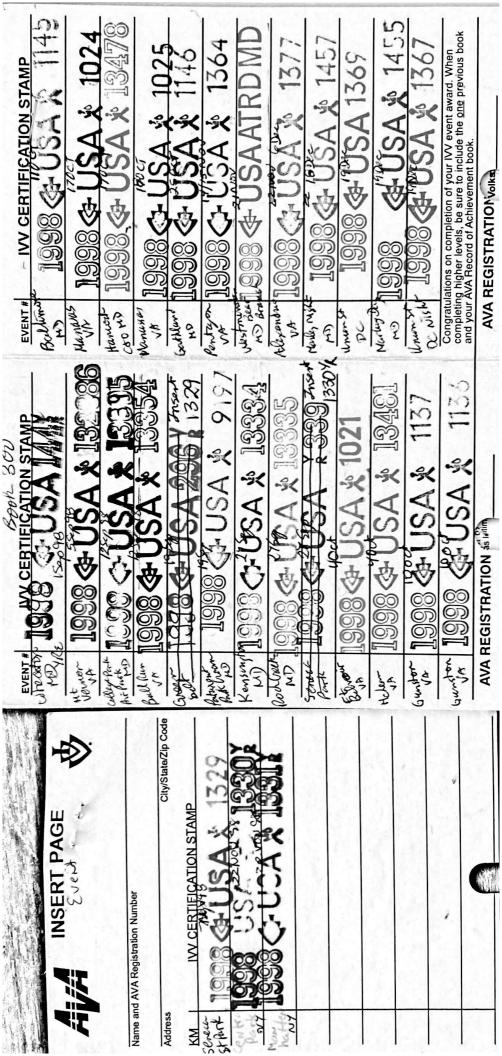
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No 20708 International Record of **Popular Sports** LAMINATE OR SEAL . PROTECT FROM MOISTURE **EVENT Record Book** (R) USA **AVA REGISTRATION #** This book records 25 events. It is to be used only for recording event number 51 through 600. Enter the total number of events you will have completed in the above block when this record book is full. (Type or print information only) 13125 PICKERING DR GERMANTOWN MD 20874-3 Mail Address DO NOT FOLD. City State

AMERICAN VOLKSSPORT ASSOCIATION

1001 PAT BOOKER ROAD **PHOENIX SQUARE SUITE 203 UNIVERSAL CITY, TEXAS 78148**

Member of International Federation of Popular Sports



No DO NOT FOLD, LAMINATE OR SEAL · PROTECT FROM MOISTURE

23675 P



International Record of Popular Sports EVENT Record Book

325

AVA REGISTRATION # 002397

This book records 25 events. It is to be used only for recording event number 51 through 600. Enter the total number of events you will have completed in the above block when this record book is full.

(Type or print information only)

TINA vonSchweinitz

Last Name

Mr./Mrs./Other

First Name/Migdle Initial DR.

GERMANTOWN MD 20874-3816

Mail Address

VOLKSSONIV ASSOCISTATET

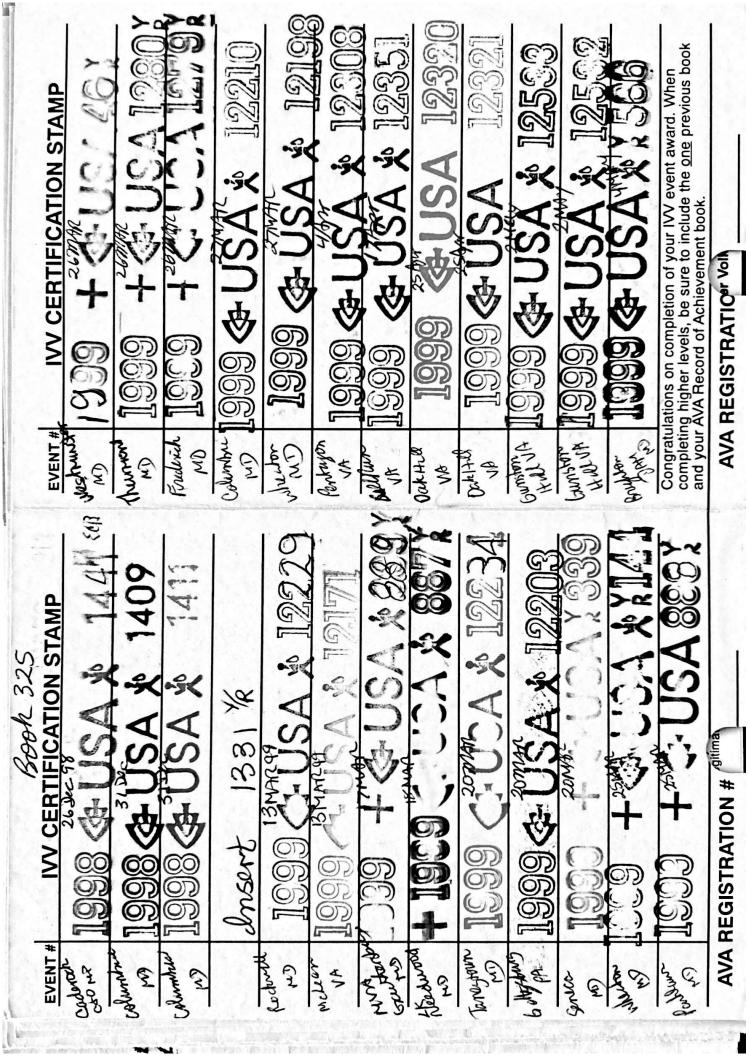
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Zip Code

AMERICAN VOLKSSPORT ASSOCIATION

1001 PAT BOOKER ROAD PHOENIX SQUARE SUITE 203 UNIVERSAL CITY, TEXAS 78148

Member of International Federation of Popular Sports



Nº 19182 P



International Record of Popular Sports EVENT Record Book

325

AVA REGISTRATION #

This book records 25 events. It is to be used only for recording event number 51 through 600. Enter the total number of events you will have completed in the above block when this record book is full.

(Type or print information only)

vonSchweinitz

Last Name

Mr./Mrs./Other

First Name/Middle Initial

Mail Address

301-428-6937

City

State

Zip Code

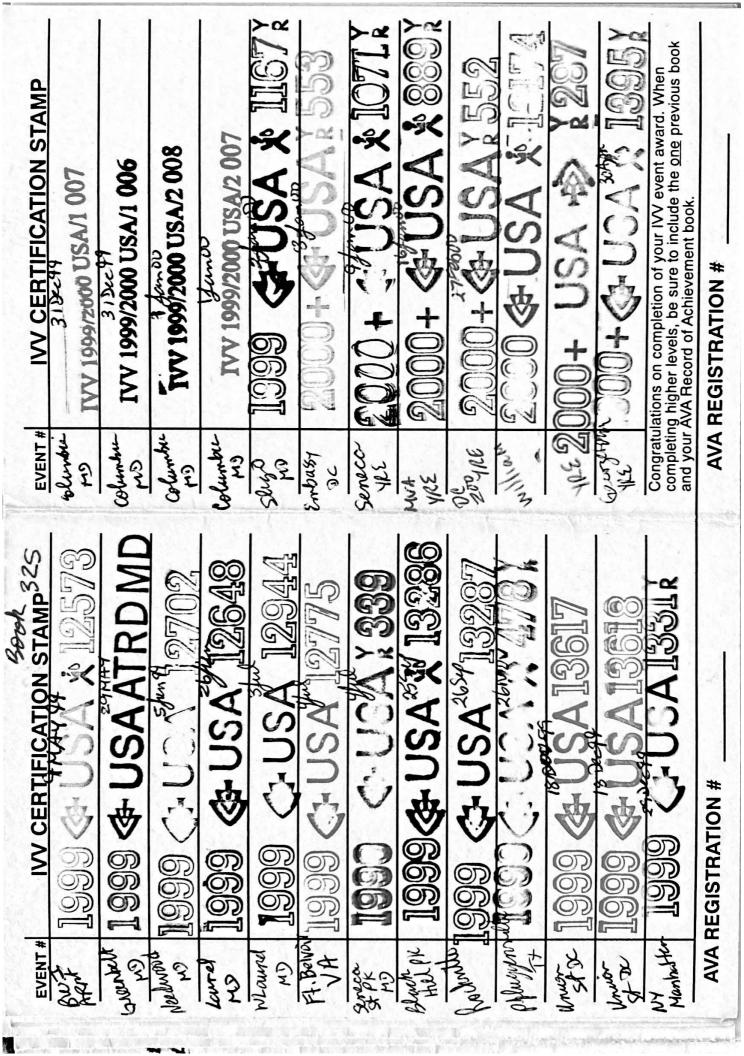
AMERICAN VOLKSSPORT ASSOCIATION

1001 PAT BOOKER ROAD
PHOENIX SQUARE SUITE 203
UNIVERSAL CITY, TEXAS 78148

Member of International Federation of Popular Sports

(Internationaler Volkssportverband e.V.)

PROTECT FROM MOISTURE FOLD, LAMINATE OR SEAL



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Nº 22073 P



International
Record of
Popular Sports
EVENT

Record Book

350

AVA REGISTRATION #

This book records 25 events. It is to be used only for recording event number 51 through 600. Enter the total number of events you will have completed in the above block when this record book is full.

(Type or print information only)

von Schwernitz

Last Name

Mr./Mrs./Other

First Name/Middle Initial

Mail Address

301-540-3421

City

State

Zip Code

AMERICAN VOLKSSPORT ASSOCIATION

1001 PAT BOOKER ROAD PHOENIX SQUARE SUITE 203 UNIVERSAL CITY, TEXAS 78148

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AVA REGISTRATION #

No 37218 DO NOT FOLD, LAMINATE OR SEAL · PROTECT FROM MOISTURE USA this record book is full.

International Record of **Popular Sports EVENT Record Book**

AVA REGISTRATION #

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Last Name	Mr./Mrs./0	Other

First Name/Middle Initial

Mail Address

State Zip Code City

AMERICAN VOLKSSPORT ASSOCIATION

1001 PAT BOOKER ROAD PHOENIX SQUARE SUITE 203 **UNIVERSAL CITY, TEXAS 78148**

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(Internationaler Volkssportverband e.V.)

AVA REGISTRATION #

AVA REGISTRATION #

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International Record of **Popular Sports EVENT Record Book**

AVA REGISTRATION #

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vonSchweinitz

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Mr./Mrs./Other

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First Name/Middle Initial

301-540-3421

Mail Address

City

State, State

AMERICAN VOLKSSPORT ASSOCIATION

1001 PAT BOOKER ROAD PHOENIX SQUARE SUITE 203 UNIVERSAL CITY, TEXAS 78148

Member of International Federation of Popular Sports

(Internationaler Volkssportverband e.V.)

E E	EVENT # IVV CERTIFICATION STAMP
Waterwind Z0003 A USA 456 K	ZODE CIUCA & KEED
MACA 2003 4 S89X	ST.
A Line	2003 4 USA 575
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2003	2003 4
2003	35 W 2003 4 USA * 13173
2003 C. 165A 13086	10281 x YSA \$ 13201
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2003 < 15 or	Column 2003 4 4 2 4 1 3 205,
6 2003 4 USA 13027	2004-55 USA * 889*
2003 20SA 4 2008	westmut 2004 Czy SA & 12126
PARS 2003 4 05 X 19956	Congratulations on completion of your IVV event award. When completing higher levels, be sure to include the one previous book and your AVA Record of Achievement book.
A REGISTRATION #	AVA REGISTRATION #

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Event Certification

Record Book

This book will record 50 events. Enter above the total of events that you will have particpated in when this book is full. Good only after 50

VON SCHWIETN TZ ast Name

ranting on the organi-

Bettina Vonschweinitz 13125 Pickering Dr. Germantown, MD 20874-3816

Address:

City, State and Postal Code

(Type or print Information only)

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AMERICAN VOLKSSPORT ASSOCIATION

Member of

2004 - USA 13180 30c W52005+12 dands: SA 1279 x *2004 & USA 13179 3194 Z005+C-105/A × 887/k 2005 4 USA * 12020 W. 2005 + COSA 888 K COS+& USA X SSS SA 100 × 2002 - 2008 - 2008 1008 + CHUSA 370 1 1205 A 12263 2004 A-USA * 1071 SAN SECTION OF THE STANDING OF and 2004 Cours & SON 2004 & USA * 888 RM 2008 200 200 5 5300 columbia 2004 C 3000 1 1042 Julan 2004 4 USA 888 X SOUT & LOSA & ISOZO 1-07/ ASU 4 2002 7004 5, 2004 C. CCA * 13022 erect 2004 & USA 13122 16xx 4x2004 6 USA 13158 2004 C'CA 12987 26500 2003 QU . . . 887 % EST ZOOM CHUSA * ISSIS Harry Zungel C-USA * 12603 以 2004 本 MSD () 100元() 1000 2004 C: USA 12710 2004 6-USA * 12592 2004 6-USA * 12592 2004 D ST WYD 12354 A DISASION OF LISASION R Jestensky 2004 & C. . . 46 } 2004 - S.3 WW 12313



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Record Books are stamped upon completion of the event, regardless of distance. One event, one stamp, unless it is a multi-day event,

actual distance covered recorded to the left of the certification stamp. This stamp may be recorded as many times as necessary to record . e. 100 km in 3 day event. The distance Record Book will have the

Record Books are only stamped upon presentation of the event "Start Card" which has been properly marked with each "Control Point" stamp and bears the name of the individual which presents the Record 300k and whose same name appears on the Record Book. Event The IVV Achievement Awards are granted for the following achievea) For the Event Record: After 10, 30, 50 and every 25 events There-

he distance covered. ment levels b) For the Distance Record: After every 500 kilometers until 8000 kilo-

after until 600. After 600, every 50 events

本 Non Manual Manual

USA * 135014

A new Record Book must be purchased for each achievement awarded. fou must always start with the lowes award. meters. After 8000, every 1000 kilometer

To get awards, completed Record Books, along with book for previous award must be sent to the address listed for your country as shown in the IVV Event List Book

The Achievement Awards will be dispatched, free of charge, to those qualified. Each award consists of a certificate, hat pin and a sew-on

Paticipants may purchase additional styled awards (various size pins) for which qualified, from the IVV Award Representative. • may also ourchase replacement awards, but only upon presentation of Record 300k for varification that award has legitimately been granted

Conditions of Attainment

OR THE INTERNATIONAL POPULAR SPORTS ACHIEVEMENT AWARDS 1. The granting of Achievement Awards was introduced to encourage participation in events organized under the International Federation of Popular Sports (IVV) rules and regulations. These sporting events,

group wanderings, bicycling tours, ski wanderings, ect., are organized to promote public health and welfare. by IVV for their catagory have been fulfilled. Events must not be completed within a time limit. Only events that are sponsored by IVV affillated organizations will be considered loward Achievement.

The IVV Event Listing book contains the names of all IVV affiliated

organizations which are authorized to sponsor these sporting events. The granting of an award for achievement does not depend upon individual completing a specified number of events or a distance Completion of an IVV affiliated event is certified by a stamp with the IVV emblem and event number, and is good toward the granting of Achievement Award. These Record Books may be purchase on the day of event participation from the IVV affiliated sponsoring organi-

The IVV emblem will be printed on these organization's programs.

toatal in any given year

2. Achievement Awards are only granted when all conditions set forth

450+52=502 Popular Sports Internationa Badge of

USA

Event Certification Record Book

you will have particpated in when this book is full. Good only after 50 This book will record 50 events. Enter above the total of events that events.

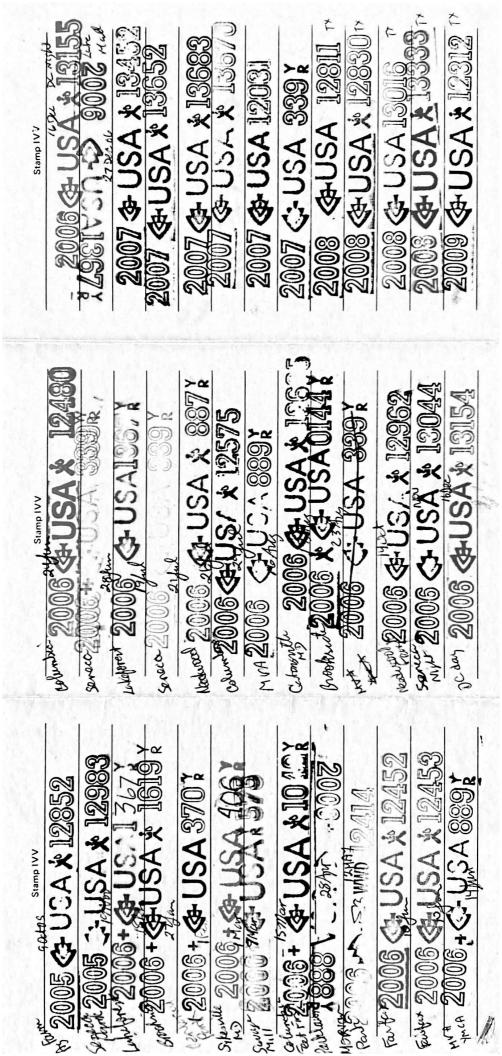


City, State and Postal Code

(Type or print information only)

AMERICAN VOLKSSPORT ASSOCIATION

Member of





USA * 13123 Ent

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in the IVV Event List Book.

OR THE INTERNATIONAL POPULAR SPORTS ACHIEVEMENT AWARDS Conditions of Attainment

1. The granting of Achievement Awards was introduced to encourage participation in events organized under the International Federation of Popular Sports (IVV) rules and requiations. These sporting events,

Achievement Awards are only granted when all conditions set forth by IVV for their catagory have been fulfilled, Events must not be group wanderings, bicycling tours, ski wanderings, ect., are organized completed within a time limit. Only events that are sponsored by IVV affiliated organizations will be considered toward Achievement to promote public health and welfare. Awards

The IVV Event Listing book contains the names of all IVV affiliated organizations which are authorized to sponsor these sporting events. The IVV emblem will be printed on these organization's programs,

The granting of an award for achievement does not depend upon individual completing a specified number of events or a distance toatal in any given year.

Completion of an IVV affiliated event is certified by a stamp with the IVV emblem and event number, and is good toward the granting of Achievement Award. These Record Books may be purchase on the day of event participation from the IVV affiliated sponsoring organi-

Record Books are stamped upon completion of the event, regardless stamp and bears the name of the individual which presents the Record i. e. 100 km in 3 day event. The distance Record Book will have the actual distance covered recorded to the left of the certification stamp. Record Books are only stamped upon presentation of the event "Start Card" which has been properly marked with each "Control Point" Book and whose same name appears on the Record Book. Event of distance. One event, one stamp, unless it is a multi-day event This stamp may be recorded as many times as necessary to record

The IVV Achievement Awards are granted for the following achievethe distance covered. ment levels

a) For the Event Record: After 10, 30, 50 and every 25 events There- b) For the Distance Record: After every 500 kilometers until 8000 kiloafter until 600. After 600, every 50 events

To get awards, completed Record Books, along with book for previous award must be sent to the address listed for your country as shown You must always start with the lowes award.

A new Record Book must be purchased for each achievement awarded.

meters. After 8000, every 1000 kilometers

The Achievement Awards will be dispatched, free of charge, to those qualified. Each award consists of a certificate, hat pin and a sew-on

purchase replacement awards, but only upon presentation of Record Book for varification that award has legitimately been granted. Paticipants may purchase additional styled awards (various size plns) for which qualified, from the IVV Award Representative. In may also



502+52=584 Popular Sports International Badge of

USA

Record Book

Event Certification

you will have participated in when this book is full. Good only after 50 his book will record 50 events. Enter above the total of events that after 600 events.

Last Name

First Name

19931 Sweetgum Circle Apt 23 Germantown MD 20874 Tina vonSchweinitz

Address: Street, Number or Post Office Box

City, State and Postal Code

(Type or print information only)

AMERICAN VOLKSSPORT ASSOCIATION

Member of

2011 & USA * 1275 gradus 2011 & USA * 1275 gradus 2011 2011 & USA & 127802 201 AUSA 128438 PANA COUSA & 12907 WITH 2011 & USA * 1267224 2011 & USA * 127424 2011 & USA * 127424 2011 & USA × 0552 / 32 2011 ANA DIRECTOR] 20°177 THE USA'N BOTT PROJECT 2011 A-USA XX 12555 Grand 2011 Q-USA * 12425 Josephy 10 2011 - USA X 12522 Rothu 2011 W TREASURER 12423 Control 2011 & USA & 12205 Control 2010 & USA * 12352 2011 & USATTABETO HAST 2011 & USA X"12625 Louis 2011 & USA LET 91 PM 6 2011 4 USA * 1263 2010 GUSA *OTZIZITHE 2010 (USA X 1000 C CONT or 2010 & USA & 1221975 OFO COUST IN THE PROPERTY OF OF STATE O 2010 G-USA * 12.83 * 2010 G-USA * 12.83 * 2010 G-USA * 10.2 * 10. 2010 6 USA \$12157 Full 2010 C-USA X 12212 First 2010 & USA * 1235] www 2010 &USA * 12070 xx 2010 & USA *12333 SOLO OLOSA & Jello

2013 &-USA * ,2050

IVV Achievement Awards are granted at the following levels of completion: FOR THE INTERNATIONAL POPULAR SPORTS ACHIEVEMENT AWARDS Conditions of Attainment

kilometers until 8000; then every 1000 kilometers until 22,000 and then 3,000 to every 50 events until 1500; then every 100 events. DISTANCE: After every 500 EVENTS: After 10, 30, 50, and every 25 events thereafter until 600; after 600, 25,000 and then every 5000 kilometers

A new event and/or distance book must be purchased for each level of achievement starting with the lowest award. To receive your first award, send your completed record book to the AVA at the address on the cover of the book. The appropriate pin, patch, and certificate will be sent free of charge to those qualified. You will also receive an IVV Record of Achievement Awards (Pass Book) with your personal identification number on it

C-USA SSG V same God

eneratura

For future awards, you must send your pass book and your recently completed event/distance record book. Be sure to place your name, address, and personal dentification number on the front of each record book

quarters. You must provide your personal identification number or some other 5. You may purchase replacement/additional awards from the AVA National HeadRecord books have no expiration date, they may be purchased from the National Headquarters or from the sponsoring club on the day of the event

record that verifies your level of achievement.

SI OMN CW-CA

るところ

Achievement Awards are granted when all conditions set forth by the IVV for

a. Only events sanctioned by member countries are accepted

each category have been fulfilled.

b. An IVV event is certified by a stamp placed directly in an IVV Record Book

 Correction tape, paste-ins, attached paper or handwritten entries are not accepted This can only be done ON THE DAY OF THE EVENT.

Your IVV Record Book will only be stamped upon presentation of the event start card which has

4 USA ★ [36]6

15 4-USA X 12165

One event stamp is placed in the IVV Event Book upon completion of the event. Except for been properly marked at each control point and bears the name of the individual as it appears on

sanctioned "special events", no event may give credit more than once per year. A year-round One distance stamp is placed in the IVV Record Book upon completion of the event and the actual event qualifies for two (2) credit stamps per year

distance covered recorded to the left of the certification stamp. You may participate in an event as many times as you would like for distance credit. You will receive a stamp and the appropriate

distance for each time you participate as long as the appropriate fee is paid at the time of registra-

Check for proper validation before leaving the Finish Table. Your books are your responsibility

Popular Sports International Badge of 554 Btart

22397

606 and Zhay 20/5 Event Certification

Record Book

his book will record 50 events. Enter above the total of events that

you will have particpated in when this book is full. Good only after 50

ast Name

© Tina vonSchweinitz 19931 Sweetgum Circle Apt 23 Germantown MD 20874

First Name and Middle Initial

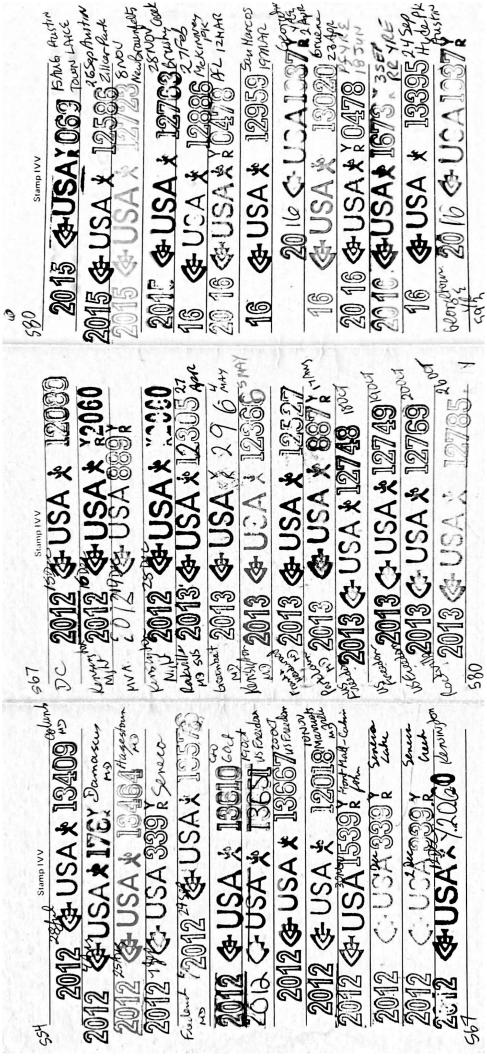
Address: Street, Number or Post Office Box

City, State and Postal Code

(Type or print information only)

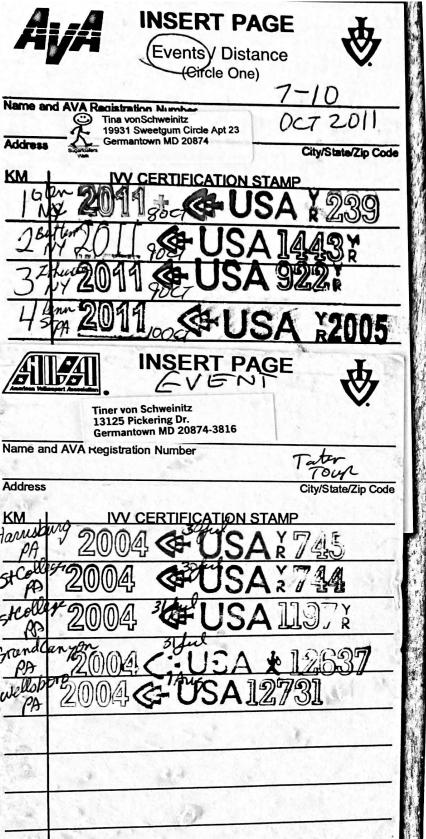
AMERICAN VOLKSSPORT ASSOCIATION

Member of

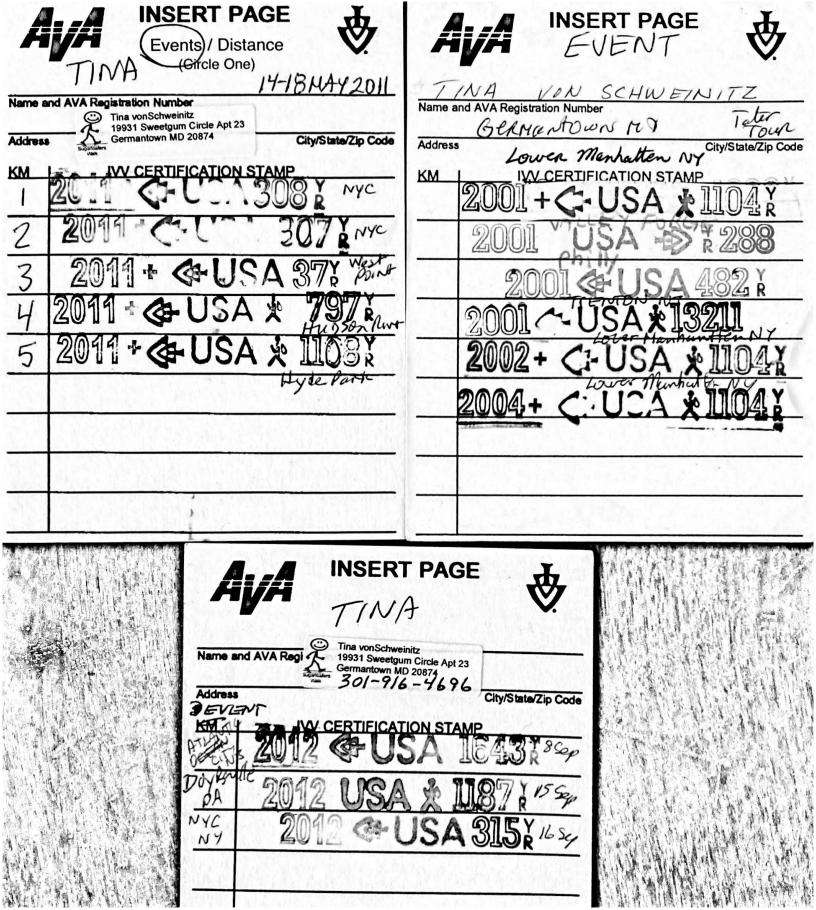








14-17 MAY 2010 Name and AVA Registration Number Tina vonSchweinitz 19931 Sweetgum Circle Apt 23 Germantown MD 20874 City/State/Zip Code Address IVV CERTIFICATION STAMP **KM** ERT PAGE Bettina Vonschweinitz Name an 13125 Pickering Dr. Germantown, MD 20874-3816 Address City/State/Zip Code CERTIFICATION STAMP



		2. Achievement Awards are only granted when all conditions set forth by IVV for their catagooy have been fulfilled. Events must not be completed within a time limit. Only events that are sponsored by IVV affiliated organizations will be considered toward Achievement Awards. 3. The IVV Event Listing book contains the pages of all time settings.	5. Completion of an IVV affiliated event is certified by a stamp with the IVV emblem and event unmber, and is good toward the granting of Achievement Award. These Record Books may be purchase on the day of event participation from the IVV affiliated sponsoring organization.	6. Record Books are only stamped upon presentation of the event "Stated which has been properly marked with asch "Control Point's stamp and bears the name of the individual which presents the Record Book and whose same name appears on the Record Book. Event Record Books are stamped upon completion of the event, regardless of distance. One event, one stamp, unless it is a multi-day event, i.e., 100 km in 3 day event. The distance Record Book will have the actual distance covered recorded to the left of the certification stamp. This stamp may be recorded as many times as necessary to record the distance covered.	7. The IVV Achievement Awards are granted for the following achievement levels: a) For the Event Record: After 10, 30, 50 and every 25 events Therester until 600. After 600, every 50 events. b) For the Distance Record: After every 500 kilometers until 6000 kilometers. After 8000, every 1000 kilometers. A new Record Book must be purchased for each achievement awarded, A new Record Book must be purchased for each achievement awarded.	8. To get awards, completed Record Books, along with book for previous award must be sent to the address listed for your country as shown in the IVV Event List Book. 9. The Achievement Awards will be dispatched, free of charge, to those qualified. Each award consists of a certificate, hat pin and a sew-on	patch. 10. Paticipants may purchase additional styled awards (various size pins) for ticipants may purchase additional ward Hepresantative. He may also for which qualified, from the IVV Award Represantative. He may also purchase replacement awards, but only upon presentation of Record Book for varification that award has legitimately been granted.
IVV CERTIFICATION STAMP	35 (S) USA (S) 2557 35 (C) USA (C) 2567	5 C USA & 5317		10	\$\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	A Solie Con Control of the Control o	

International

Popular Sports Record of DISTANCE Record Book

AVA REGISTRATION 202395

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NSA

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meters. Enter the total number of kilometers which you will achieve, in 500km increments This book records 500 kilometers. It is to be used only for recording 500 through 8000 kilo-Type or print information on

Last Name:

rs./Other

irst Name/M

Mailing Address

State

Zip Code

AMERICAN VOLKSSPORT ASSOCIATION

Member of

International Federation of Popular Sports

(Internationaler Volkssportverband e.V.)

AVA REGISTRATION #





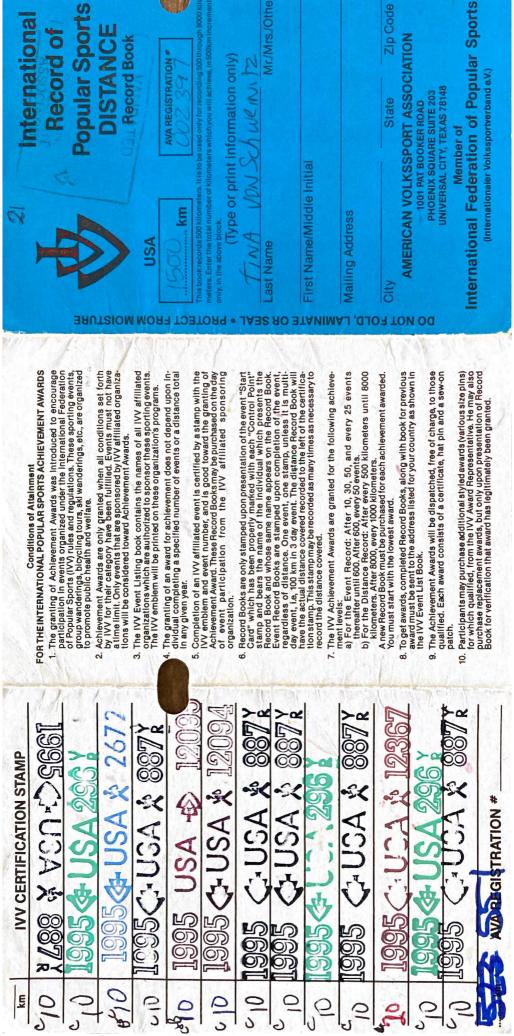
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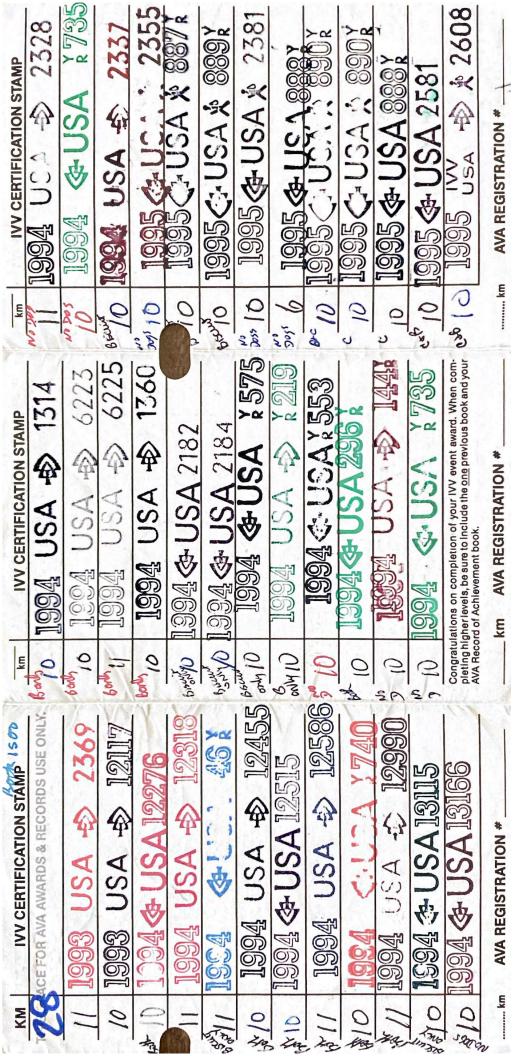
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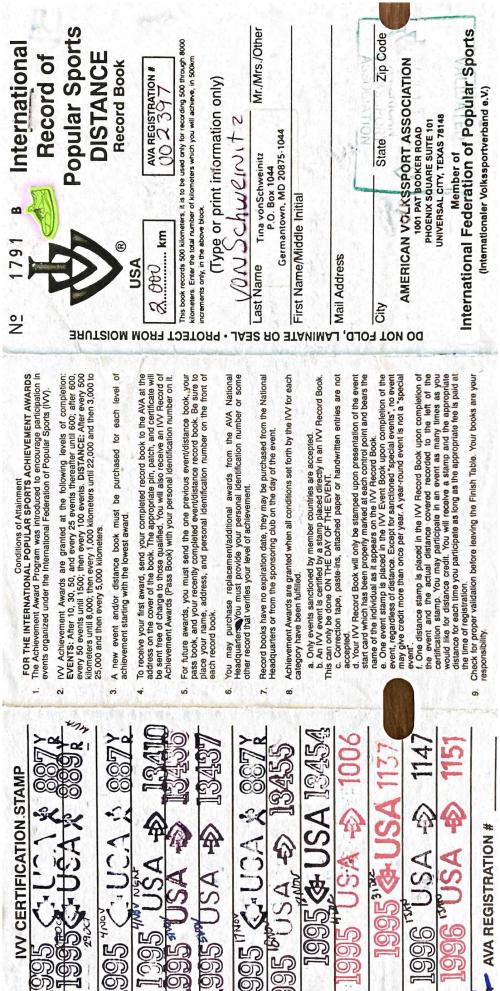
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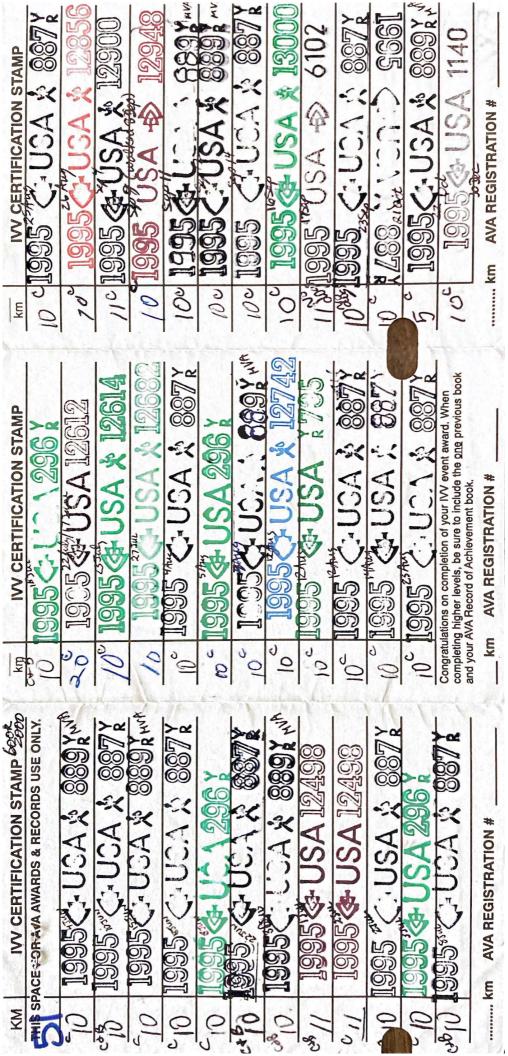
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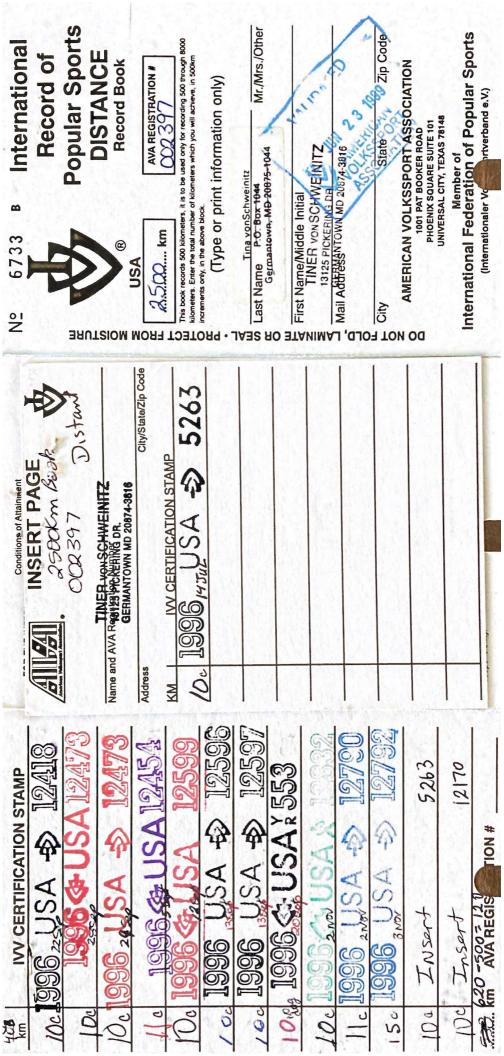


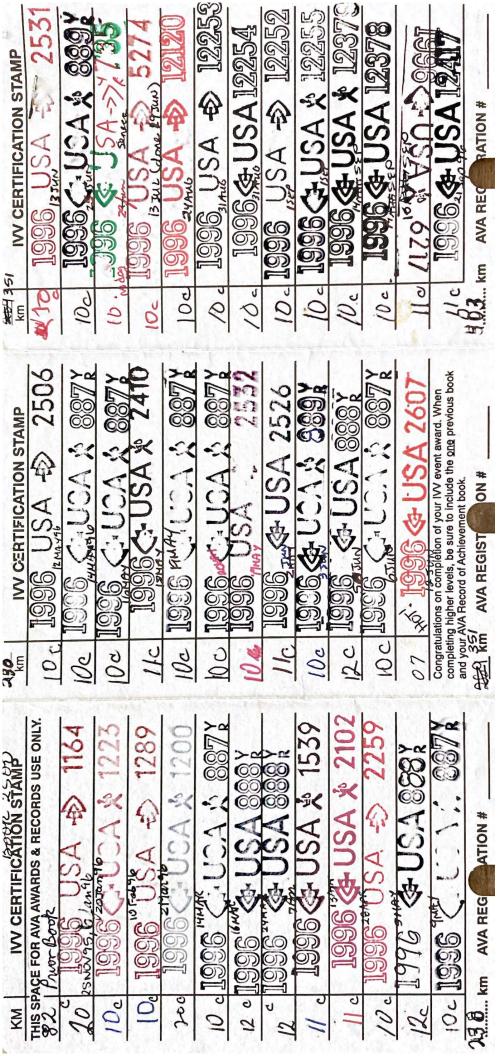


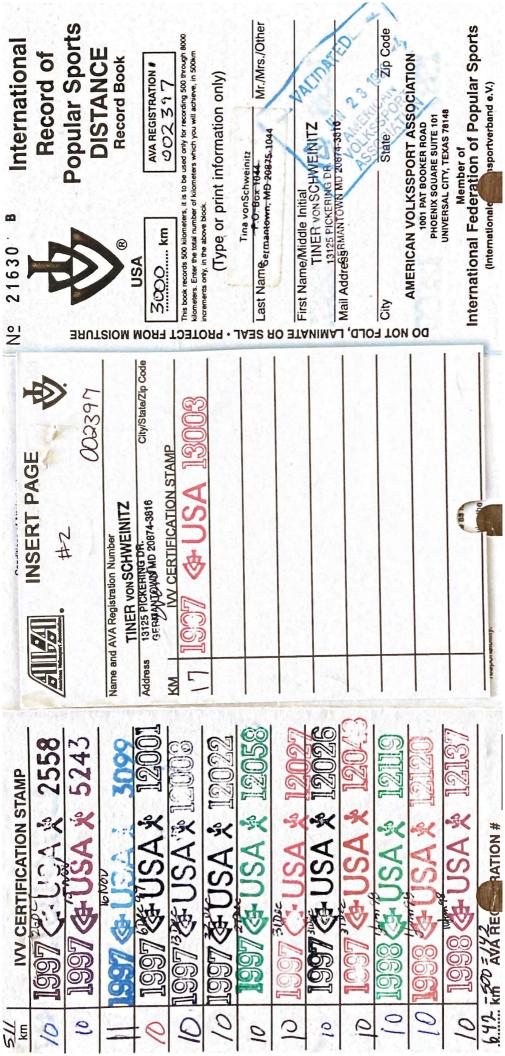




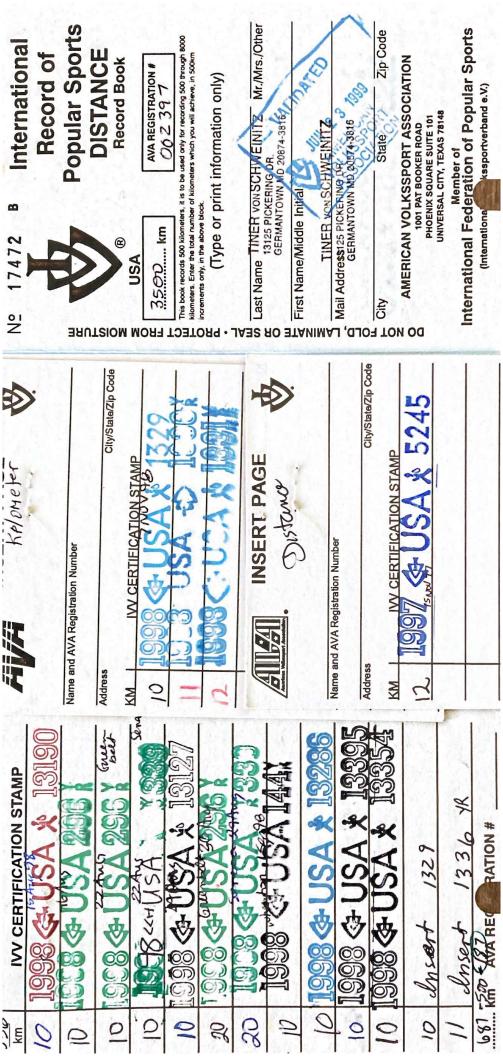


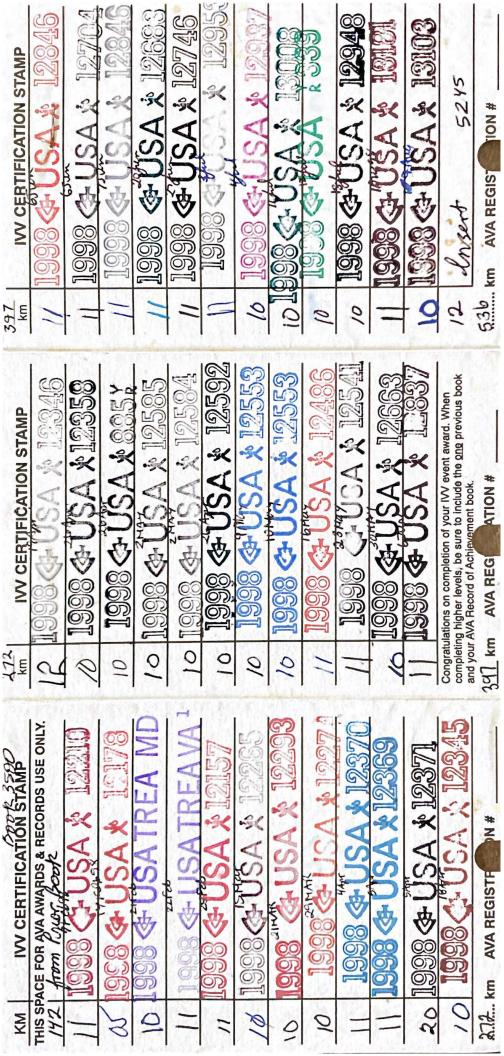


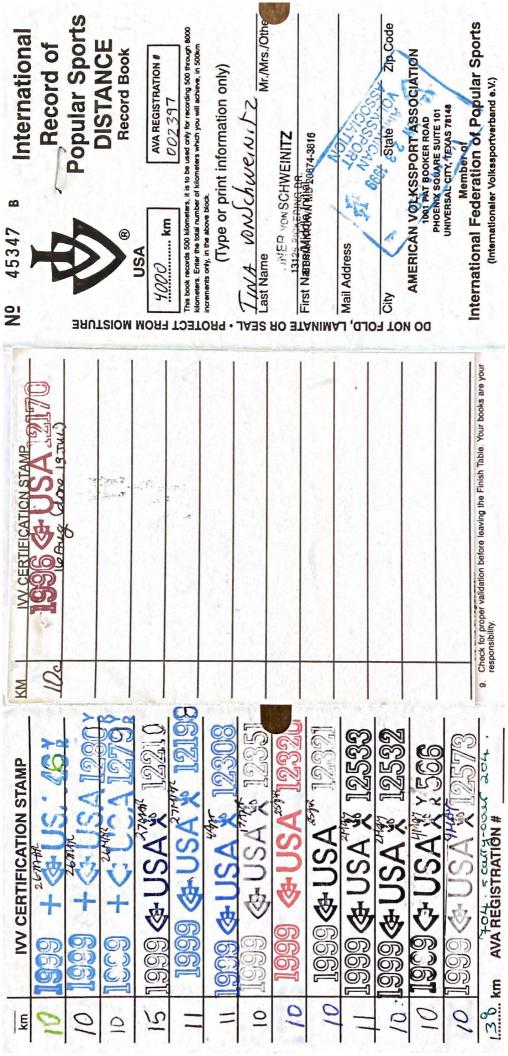




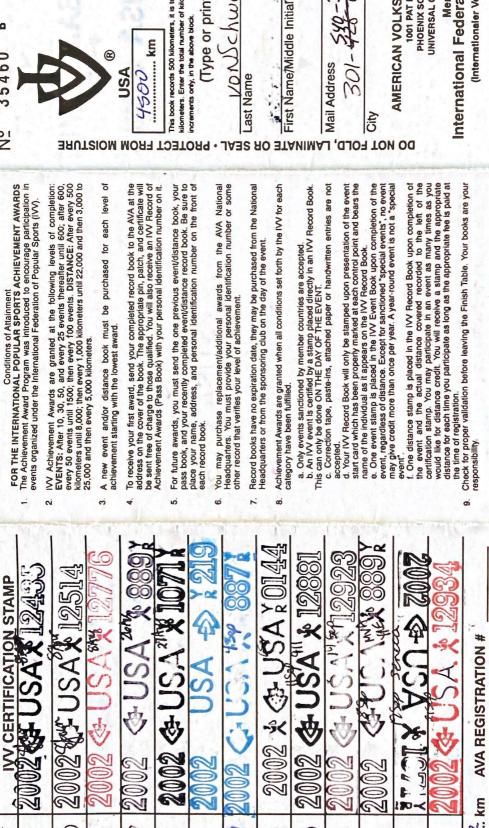












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Popular Sports DISTANCE Record of

Record Book AVA REGISTRATION #

This book records 500 kilometers, it is to be used only for recording 500 through 8000 kilometers. Enter the total number of kilometers which you will achieve, in 500km increments only, in the above block

(Type or print information only)

Mr./Mrs./Other

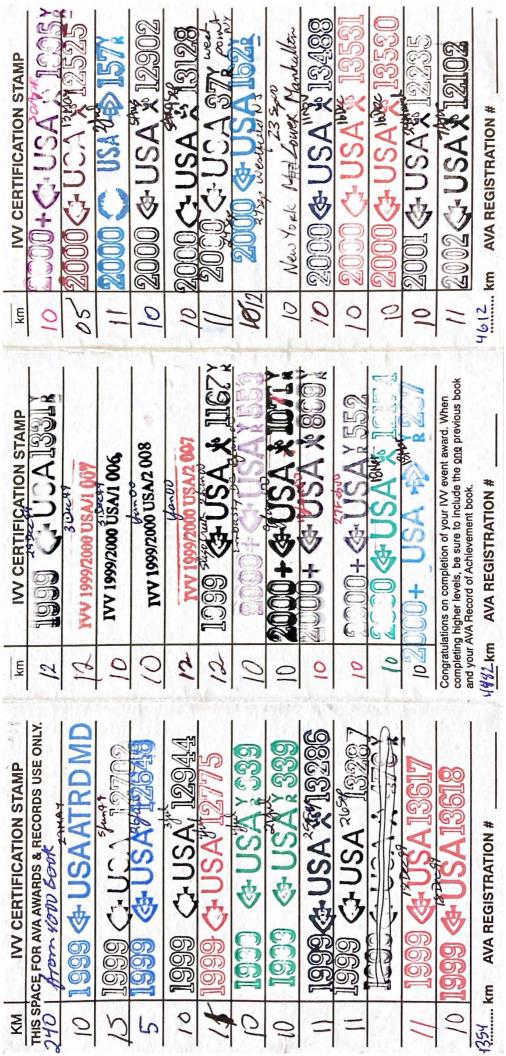
AMERICAN VOLKSSPORT ASSOCIATION

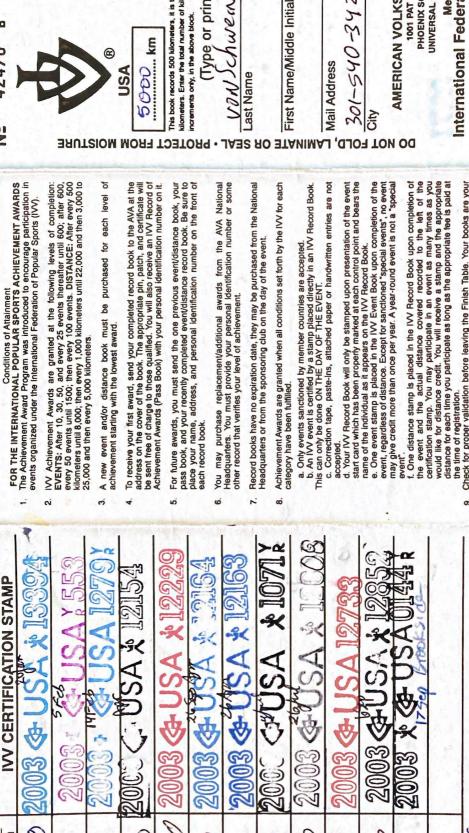
JNIVERSAL CITY, TEXAS 78148 PHOENIX SQUARE SUITE 101 001 PAT BOOKER ROAD

International Federation of Popular Sports Member of

4742 km

Internationaler Volkssportverband e.V.)





Popular Sports Mr./Mrs./Other This book records 500 kilometers, it is to be used only for recording 500 through 8000 nternationa **JISTANCE** Record of kilometers. Enter the total number of kilometers which you will achieve, in 500km Record Book AVA REGISTRATION # ype or print information only)

301-540-342

Zip Code AMERICAN VOLKSSPORT ASSOCIATION HOENIX SQUARE SUITE 101 1001 PAT BOOKER ROAD State

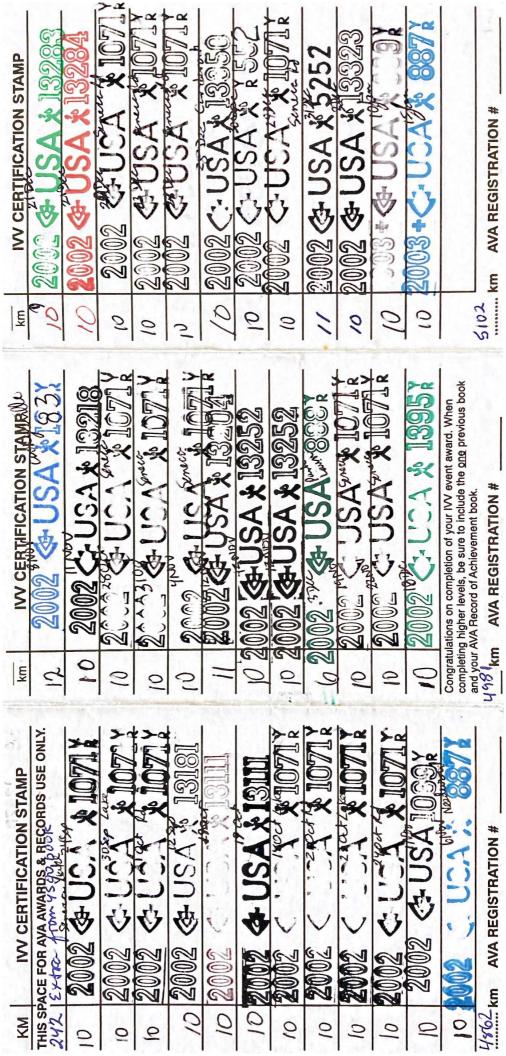
International Federation of Popular Sports (Internationaler Volkssportverband e.V.) Member of

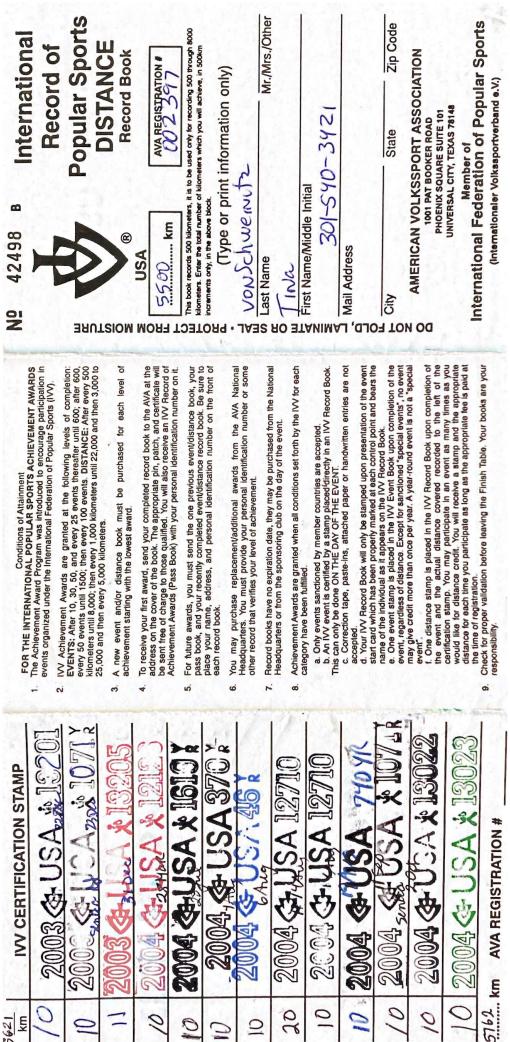
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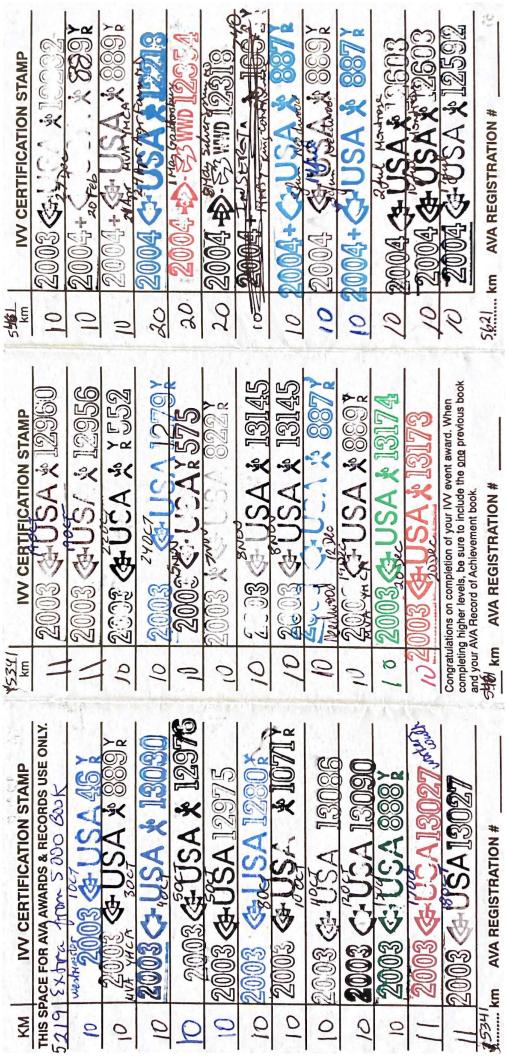
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5719 km

JNIVERSAL CITY, TEXAS 78148







5762 and Last Book



International Record of Popular Sports DISTANCE

Record Book

002397





This book records 5000 kilometers. Enter the total number of kilometers which you will achieve in the above block.

(Type or print information only)

VON COLLABORATION Last Name

Tina vonSchweinitz 19931 Sweetgum Circle Apt 23 Germantown MD 20874

Mr./Mrs./Other

First Name/Middle Initial

301-540-342

Mailing Address

301-916-4646

City

State

Zip Code

AMERICAN VOLKSSPORT ASSOCIATION

1001 PAT BOOKER ROAD
PHOENIX SQUARE SUITE 203
UNIVERSAL CITY, TEXAS 78148

Member of

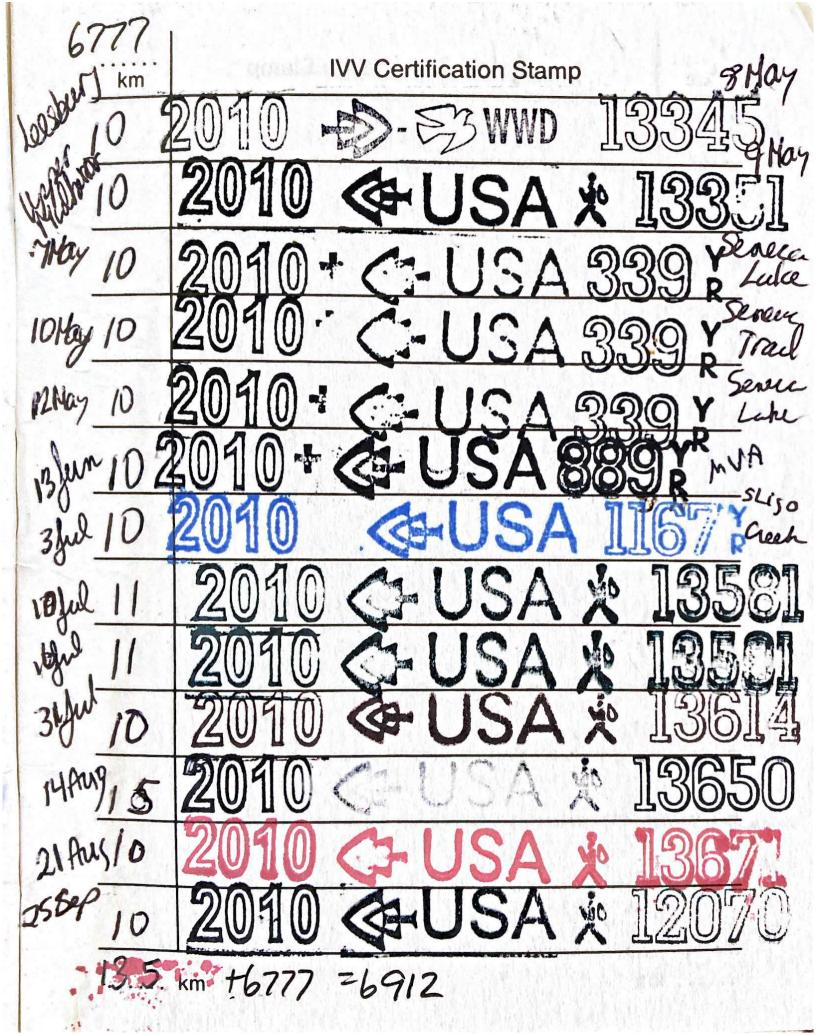
International Federation of Popular Sports
(Internationaler Volkssportverband e.V.)















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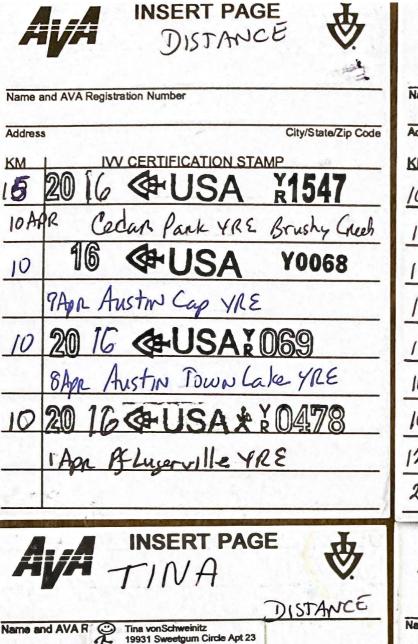


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30	2013 CF USA * 1252
10	2013 W USA & 8571
10	2013 C-USA x 12743
24	2013 USA * 12749
21	2013 CUSA # 12769
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11...6 km +8128 = 8244



TOUR 8-15 Sep 2010 City/State/Zip Code

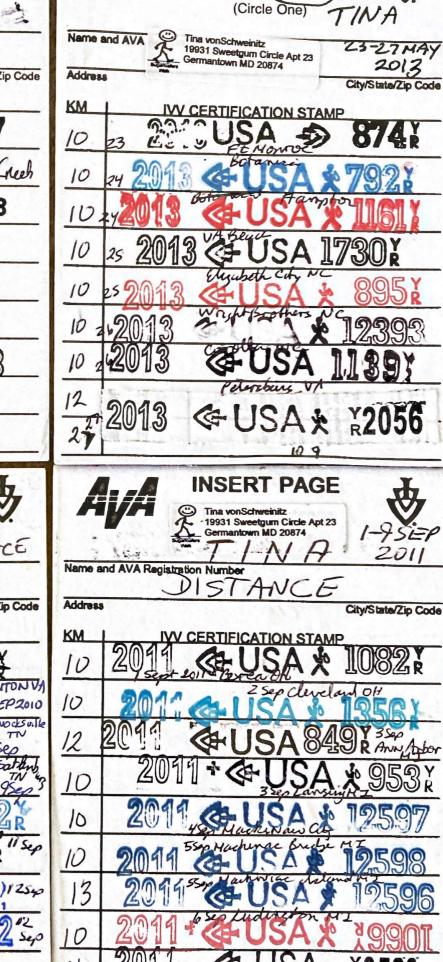
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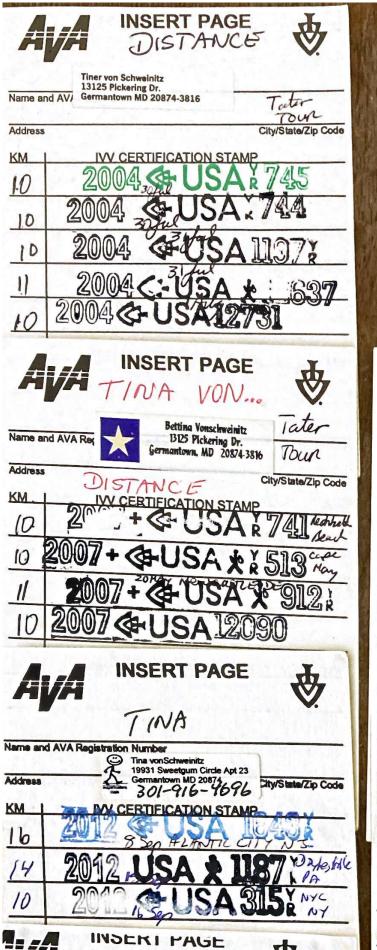


2011

INSERT PAGE

Events Distance





14-17 MAY 2010 **INSERT PAGE** Tina vonSchweinitz 19931 Sweetgum Circle Apt 23 Germantown MD 20874 Name and AVA Address City/State/Zip Code KM **INSERT PAGE** Address lone ters KM 10 INSERT PAGE Events / Distance (Circle One) Name and AVA Registration Number Address City/State/Zip Code KM IVV CERTIFICATION STAMP 40



DISTURCE





AWARD



BETTINA VONSCHWEINITZ

has earned the **IVV ACHIEVEMENT** AWARD for participation in

Volkssport Events

3 MAY 83

AMERICAN VOLKSSPORT ASSOCIATION Member of the Internationaler Volkssportverband e.V.







has earned the **IVV ACHIEVEMENT** AWARD for participation in



Volkssport Events

16 MAY 84

AMERICAN VOLKSSPORT ASSOCIATION Member of the Internationaler Volkssportverband e.V.

fran Fackall Marth Ment



BETTINA VONSCHWEINITZ

has earned the IVV ACHIEVEMENT **AWARD** for participation in

Volkssport Events

29 DEC 93

AMERICAN VOLKSSPORT ASSOCIATION Member of the International Volkssportverband e.V.

Jan 7. Clar latricia 4. Gray



BETTINA VONSCHWEINITZ

has earned the **IVV ACHIEVEMENT** AWARD for participation in

75

Volkssport Events

29 DEC 93

AMERICAN VOLKSSPORT ASSOCIATION Member of the International Volkssportverband e.V.

Jan F. Clare latricia A. Gray



RETTINA VONSCHWEINITZ

has earned the **IVV ACHIEVEMENT AWARD** for participation in

Volkssport Events

11 APRIL 1996

AMERICAN VOLKSSPORT ASSOCIATION Member of the Internationaler Volkesportverband e.V.

Jan 7. Clar latricia A. Gray





BETTINA VONSCHWEINITZ

has earned the **IVV ACHIEVEMENT AWARD** for participation in

Volkssport Events

11 APRIL 1996

AMERICAN VOLKSSPORT ASSOCIATION Member of the Internationaler Volkssportverband e.V.





BETTINA VONSCHWEINITZ

has earned the **IVV ACHIEVEMENT AWARD** for participation in

150

Volkssport Events

11 APRIL 1996

AMERICAN VOLKSSPORT ASSOCIATION Member of the Internationaler Volkssportverband e.V.



Bettina vonSchweinitz

has earned the **IVV EVENT AWARD** for completion of



Volkssport Events June 24, 1999

AMERICAN VOLKSSPORT ASSOCIATION Member of the Internationaler Volkssportverband e.V.

Theodre F. Ballman Wind a Bungardon











Bettina vonSchweinitz

has earned the IVV EVENT AWARD for completion of



Volkssport Events June 24, 1999

AMERICAN VOLKSSPORT ASSOCIATION
Member of the
Internationaler Volkssportverband e.V.

theodre F. Ballman Vond a Bungardon











Bettina vonSchweinitz

has earned the IVV EVENT AWARD for completion of



Volkssport Events June 24, 1999

AMERICAN VOLKSSPORT ASSOCIATION

Member of the

Internationaler Volkssportverband e.V.

Shoodre F. Ballman Wood & Bungardon











Bettina vonSchweinitz

has earned the IVV EVENT AWARD for completion of



Volkssport Events
June 24, 1999

AMERICAN VOLKSSPORT ASSOCIATION

Member of the
Internationaler Volkssportverband e.V.

Theodre F. Ballman Word G Bungardon











Bettina vonSchweinitz

has earned the IVV EVENT AWARD for completion of



Volkssport Events June 24, 1999

AMERICAN VOLKSSPORT ASSOCIATION

Member of the
Internationaler Volkssportverband e.V.

theodre F. Bullman Wood a Bungardon











Bettina vonSchweinitz

has earned the IVV EVENT AWARD for completion of



Volkssport Events June 24, 1999

AMERICAN VOLKSSPORT ASSOCIATION

Member of the

Internationaler Volkssportverband e.V.





Bettina vonSchweinitz

has earned the IVV EVENT AWARD for completion of



Volkssport Events June 24, 1999

AMERICAN VOLKSSPORT ASSOCIATION

Member of the

Internationaler Volkssportverband e.V.

Theodre F. Ballman Wood, a Bungardon













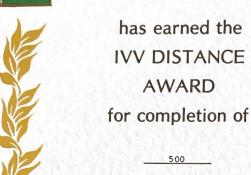












Volkssport Kilometers

17 JAN 86

AMERICAN VOLKSSPORT ASSOCIATION Member of the Internationaler Volkssportverband e.V.

Deona Clark Maghinain



AMARA



BETTINA VONSCHWEINITZ



has earned the **IVV DISTANCE AWARD** for completion of

Volkssport Kilometers

29 DEC 93

AMERICAN VOLKSSPORT ASSOCIATION Member of the International Volksaportverband e.V. Gran F. Clark latricia A. Gray



Tina Vonschweinitz

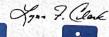
has earned the IVV KILOMETERS AWARD for completion of



Volkssport Kilometers

April 10,1996

AMERICAN VOLKSSPORT ASSOCIATION Member of the Internationaler Volkssportverband e.V.











Tina Vonschweinitz

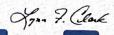
has earned the **IVV KILOMETERS AWARD** for completion of



Volkssport Kilometers

April 10,1996

AMERICAN VOLKSSPORT ASSOCIATION Member of the Internationaler Volkssportverband e.V.











Bettina vonSchweinitz

has earned the **IVV DISTANCE AWARD** for completion of



Volkssport Kilometers June 24, 1999

AMERICAN VOLKSSPORT ASSOCIATION Member of the Internationaler Volkssportverband e.V.

theodre F. Ballman Wind & Bungardon











Bettina vonSchweinitz

has earned the **IVV DISTANCE AWARD** for completion of



Volkssport Kilometers June 24, 1999

AMERICAN VOLKSSPORT ASSOCIATION Member of the Internationaler Volkssportverband e.V.

theodre F. Ballman Wood G Bungardon











Bettina vonSchweinitz

has earned the **IVV DISTANCE AWARD** for completion of



Volkssport Kilometers June 24, 1999

AMERICAN VOLKSSPORT ASSOCIATION Member of the Internationaler Volkssportverband e.V.

theodre F. Ballman Wood G. Bungardon











Bettina vonSchweinitz

has earned the **IVV DISTANCE AWARD** for completion of



Volkssport Kilometers June 24, 1999

AMERICAN VOLKSSPORT ASSOCIATION Member of the Internationaler Volkssportverband e.V.

therete F. Ballman Wood & Bungardon







