



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

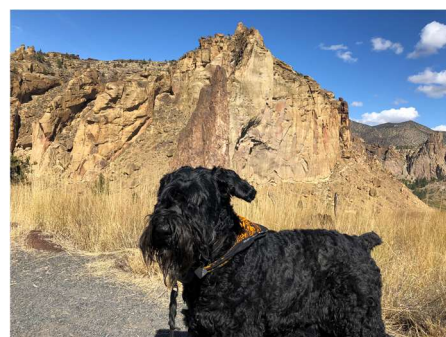
I am walking to raise money to support the AVA vision: "To increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities."

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!