

Steps to register for remote walks and use the Online Start Box – OSB

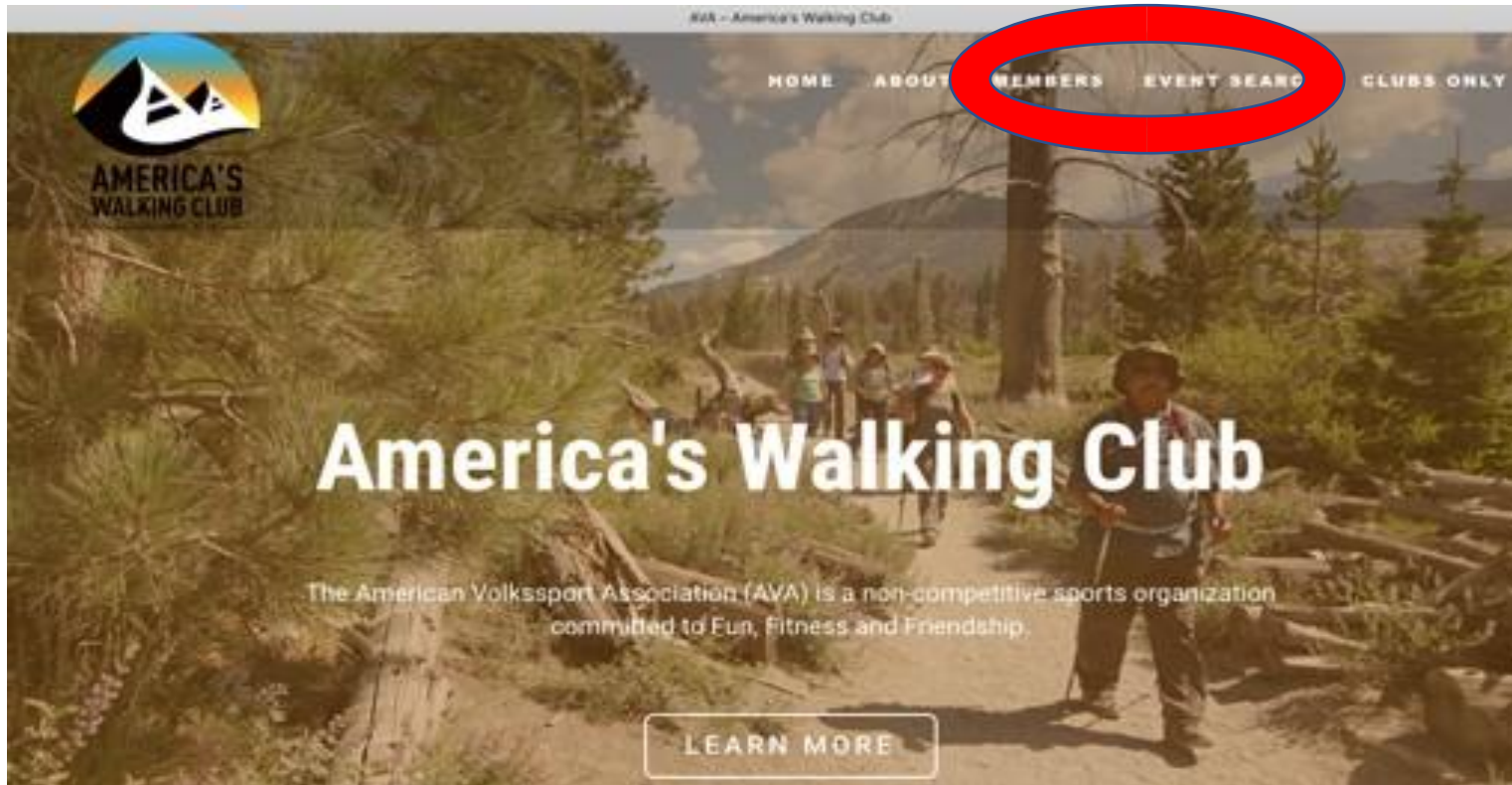
<https://my.ava.org>



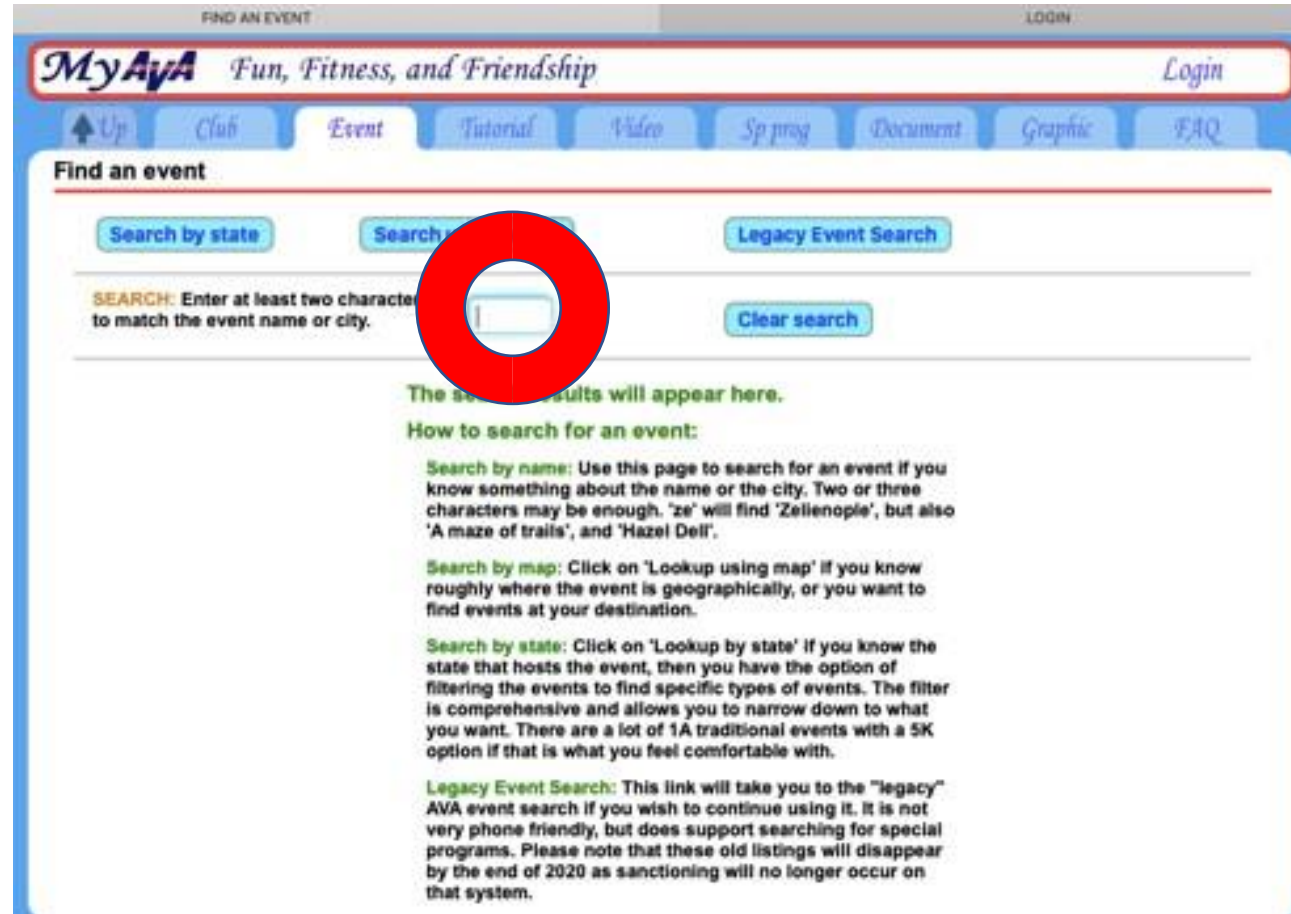
Presentation by Mid-Florida Milers

This is the new ava.org Home Page

Simply type ava.org in your browser bar. Clicking on 'Event Search' (to find information on walks all over the country) or on 'Members' (to register for walks) will take you to the my.ava.org website. You can also find walks by going to <https://my.ava.org> directly.



Search by State or City, use the map, or walk event number if you know it. Find information on the Pacific Crest Trail, the Appalachian Trail and many others. Simply type "app" or "pac" to find those walks.



Click on the UP arrow to get to OSB log in



The screenshot shows the MyAVA website interface. At the top, there is a header with the MyAVA logo and the tagline "Fun, Fitness, and Friendship". To the right of the logo is a "Login" link. Below the header is a navigation menu with buttons for "Up", "Club", "Event", "Tutorial", "Video", "Sp prog", "Document", "Graphic", and "FAQ". A red arrow points to the "Up" button. Below the navigation menu is a "Find an event" section. This section contains three buttons: "Search by state", "Search using a map", and "Legacy Event Search". Below these buttons is a search input field with the placeholder text "SEARCH: Enter at least two characters to match the event name or city." and a "Clear search" button. Below the search input field is a section titled "The search results will appear here." followed by "How to search for an event:". This section contains three paragraphs of instructions: "Search by name", "Search by map", and "Search by state". The "Legacy Event Search" section contains a paragraph of information about the legacy search system.

This is the my.ava.org Welcome Page. Log in or Create a New Account here.

MyAVA Fun, Fitness, and Friendship [Login](#)

[Home page](#) [AR code](#) [Login](#) [New Account](#) [Find a ...](#)

Welcome to myAVA

Welcome to 'MyAVA'; your personal access to the operations side of the AVA. This web site is dedicated to helping you get the most out your experience as we add features and give you access to more information. This site will start out fairly light as volunteers work to improve it and add functionality.

If you are active in Volkssporting, we encourage you to create an account. It is free. If you manage a club, or an event, you will need an account. If you intend to participate in an event that is hosted on the Online Start Box (OSB) then an individual account and digitally signed waiver is required.

To learn how to use this site, help is just a click away. Most pages have a Help button in the upper right corner. Click on the "Find a ..." tab, then click the "FAQ" tab for frequently asked questions and their answers. For some screens, there are pop-up guidance and warnings. You can click on the "Contact Us" button in the lower right corner of any page to comment or ask questions about the features of this site.

For first-time users creating a new account, a series of popup messages will appear. These explain the steps to create an account, sign a one-time waiver, manage IVV and Special Program/Challenge books, manage connections to clubs and other users, fund an Event Bank, and register for events. You are urged to read them all. You may turn them off when they are no longer needed

If you are viewing this on a mobile device in portrait mode, the information is displayed as a single long column. Navigate with the usual three-bar menu icon in the banner at the top right.

A note about pictures. All pictures are cropped and resized to fit on this web site. The size is 450px by 450px. This is a reasonable size without taking too long to load, but the crop often will drop detail or people from the original.

There are step-by-step instructions to help you through the process. It is easy! Pop-up messages will help you through the process.

This is the 'Home Page' help pop-up screen



HOME PAGE mac shortcut up arrow symbol - Google Search

MyAva Fun, Fitness, and Friendship Login

Home page AR code Login New Account Find a ...

Welcome to MyAva

Welcome to the MyAva website. This is the most outstanding online resource for you to work to improve your fitness. If you are a new user, you will need to create an account. If you are an existing user, the Online Account Manager will allow you to sign in.

Home page help

- Click the "New Account" tab if you don't have a user ID and/or password.
- Click the "Login" tab if you have a user ID and a password (alternatively, click "Login" in the upper right corner)
- Click the "AR Code" tab if you have a recovery code due to a lost password.
- Click the "Find a ..." to find a Club, Event, Tutorial, Frequently Asked Questions (FAQ) and their answers, and various other features.

CLOSE

Help

To learn how to use this site, help is just a click away. Most pages have a Help button in the upper right corner. Click on the "Find a ..." tab, then click the "FAQ" tab for frequently asked questions and their answers. For some screens, there are pop-up guidance and warnings. You can click on the "Contact Us" button in the lower right corner of any page to comment or ask questions about the features of this site.

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This is the screen to Create an account

If you already have an account on the former OSB with “cva4u.org” then you can use your existing credentials to log in to my.ava.org. You will use a credit card to put money on your account so that you can proceed to the remote walks list and register for walks. Accounts must be created for individuals only, not couples or families.

MyAVA Fun, Fitness, and Friends Step 1 ✕

[Home page](#) [AR code](#) [Login](#) **[New Account](#)** [Find a ...](#)

Create an account Help

[DISABLE Step by step guide](#) ?

We welcome anyone to create an account on our web site. You do not need to be a member of a walking club or actively walking. We hope that this site will inspire you to get out and join the thousands who have decided that being a couch potato is not a great lifestyle choice.

We need your first and last name and your login credentials. The credentials include your email address and a password. You must use a unique, personal email address. We will send a validation email to that address. You will need to respond to the validation email to receive event email alerts.

Currently, you do not need to validate your email address in order to use this site. If you loose you password however, recovering your account will be exceedingly difficult or maybe impossible. Contacting us and pleading is exactly what a hacker will do first. We reserve the right to change this policy.

IMPORTANT: You must create an individual account, not a joint account with a spouse. This is required by the Online Start Box (OSB) for both waivers and insert cards.

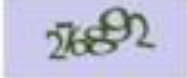
PLEASE READ THE HELP...

[I want help with a password](#)

Your first and then last name

Your personal email address

A reasonable password (8 or more characters)
 ? Visible for verification.

Please enter the 6 numbers to validate your entry
 [Can't read it](#)

[SUBMIT and go to the verify step](#)

American Walkers Association © 2008 Jan 28th, 2008 - 8:04pm GMT | [Privacy Policy](#) | [Legal](#) | [Contact us](#)

This is the Help pop-up screen for Step 1 – to create a new account

The image shows a screenshot of the MyAVA website's account creation page. The page title is "MyAVA Fun, Fitness, and Friendship" and the browser tab is "Step 1". The main heading is "Create an account". A help pop-up window is overlaid on the page, titled "Step 1". The pop-up contains the following text:

Step 1

If you have an account on "cva4u.org", that account has been copied to this web site. Simply "login" using your credentials from "cva4u.org".

The step by step guide will take you past all of the pages that you need to visit to use the OSB (Online Start Box). This is the step where you begin to create an account.

If you are familiar with computers then this step by step guide will simply help you catch everything.

If you want the help, then it is important that you read the instruction text on the page. It is there to guide you so that you do not make simple, but frustrating mistakes.

Also check out the HELP button (upper right) for more information. Take your time, slow down, and you will find it it doesn't take long when you do it right the first time.

To turn off this guide, click the X above or upper right.

At the bottom of the pop-up is a red button that says "Got it!".

The background page shows a "SIGN UP" button, a "Help" button, and a "Can't read it" button. The page also has a footer with "Privacy Policy", "Legal", and "Contact us" links.

This screen is where you will log into your account once it is active. Use your existing cva4u.org or newly-created credentials. (The log-in area on the right is for Club officers only, to update the walk data. This area will be phased out at the end of 2020.)



The screenshot shows the MyAVA website's login page. At the top, the logo "MyAVA Fun, Fitness, and Friendship" is displayed on the left, and "Step 2" is on the right. Below the logo is a navigation bar with links for "Home page", "AR code", "Login", "New Account", and "Find a ...". The main heading is "Please login to your account".

There are three main login sections:

- Your Online Start Box login (cva4u.org) will work here.** This section includes a "Login email or user name" field, a "Password" field, a "Login" button, and an "I forgot" link. A red arrow points to this section.
- LEGACY CLUB LOGIN** This section includes a "club login ID" field, a "Password" field, and a "Club login only" button. It contains explanatory text: "The legacy club login will take you to the club account on this web site. This is provided as a transition from club based logins to personal ones. Please create a personal account and a 'connection' to have continued access to the club."
- ACCOUNT RECOVERY CODE** This section includes instructions: "Use this to enter the account recovery code that you received when you have forgotten your login credentials. The code will start with the letters 'AR'." and "You may also enter email verification codes and a 'no email' code here. Those codes will start with the letters 'EV' or 'NE'." It features a "12 characters" input field and a "Submit code" button.

At the bottom of the page, there is a footer with the text "American Walkersport Association © 2020", the date "Jan 29th, 2020 - 8:07pm GMT", and links for "Privacy Policy", "Legal", and "Contact us".

If you created a new account, AVA will subsequently send an email containing a code starting with 'EV' to verify your email. Press 'Submit code' button. You need then to sign the Athletic Waiver. Click on "accept" and "save". Your registration is now complete.

MyAVA Fun, Fitness, and Friendship

Home page AR code Login New Account Find a ...

Please login to your account

Your Online Start Box login (cva4u.org) will work here.

Login email or user name

Password

Login I forgot

LEGACY CLUB LOGIN

The legacy club login will take you to web site. This is provided as a transition to personal ones. This legacy login will be discontinued by the end of 2020. Please create a personal account if you wish to have continued access to the club.

club login ID

Password

Club login only

ACCOUNT RECOVERY CODE

Use this to enter the account recovery code that you received when you have forgotten your login credentials. The code will start with the letters 'AR'.

You may also enter email verification codes and a 'no email' code here. Those codes will start with the letters 'EV' or 'NE'.

 12 characters

Submit code

American Volkssport Association © 2020 May 27th, 2020 - 3:03pm GMT

Clicking on “My Account” takes you to the action page for your account and scheduled remote walks.











The “My Start Box” tab takes you to a new set of tabs –



This is the first active tab of 'My Start Box' > "Registration"

The screenshot shows the MyAva website interface. At the top, the logo 'MyAva Fun, Fitness, and Friendship' is on the left, and 'My Account' and 'Logout' are on the right. Below the logo is a navigation bar with several tabs: 'Up', 'My Book', 'My Event Base', 'Registration', 'Directions', 'Finish Table', and 'My Incent Cards'. The 'Registration' tab is highlighted with a red circle. Below the navigation bar, the main content area is titled 'OSB Event registration' and includes a 'Help' button. A note states: 'If the event is shown in grey, mouse over the event to see its current status.' Another note says: 'Use the "Directions" tab to download and pay for directions / maps. The page explains how coupons work.' The main content is organized by state: '2020 sanctions' for 'ALASKA', 'ARKANSAS', and 'CALIFORNIA'. Each state listing includes event details, a 'View' button, a person icon, and race distances and rates. For example, under ALASKA, there is an event in Skagway, AK, with distances of 5, 8, 10, and 12K, and a rate of 1B. Under ARKANSAS, there is an event in Little Rock, AR, with distances of 5 and 12K, and a rate of 1A, and a 'Register' button. Under CALIFORNIA, there is an event in Anaheim, CA, with a distance of 10K.

From here you can select remote walks to register for. You can easily view all the information before deciding to register. Click on “view” to see the details and photo(s).

Seasonal: Wed, Apr 15th to Thu, Dec 31st		View		Rate: 1A
DISTRICT OF COLUMBIA				
Washington, DC - US Capitol and DC Highlights		View		5, 10, 20K Rate: 1A Register
FLORIDA				
Delray Beach, FL - Delray Beach Intercoastal and Beach walk		View		5, 10K Rate: 1A Register
Ft Lauderdale, FL - New River & Las Olas Blvd. Walk		View		6, 10K Rate: 1A Register
Key West, FL - Southern most city walk		View		5, 10K Rate: 1A  Register
Miami South Beach, FL - Miami Art Deco walk		View		6, 11K Rate: 1A Register
West Palm Beach, FL		View		6, 11K Rate: 1A Register
GEORGIA				
Appalachian Trail Georgia, GA		View		4K  Register

eg. This is the entry for Fort Lauderdale (MFM walk)

The special programs are listed (where they exist) as well as a map and contact details. You can also download the MFM Brochure for all of our sanctioned walks.

The screenshot shows the MyAVA website interface. At the top, the logo 'MyAVA Fun, Fitness, and Friendship' is visible, along with navigation links for 'My Account' and 'Logout'. Below this is a menu bar with buttons for 'Up', 'My Books', 'My Event Bank', 'Registration', 'Directions', 'Finish Table', and 'My Insert Cards'. The main heading is 'OSB Event registration'. There are 'Register' and 'LIST' buttons. The event ID is 'SN: 114172 - 2020 / Y0257'. A description states: 'Walking the beautiful Riverwalk along the New River provides a look at yachts large and small. Las Olas Blvd. is a friendly walk with stores, restaurants, and things to do.' Under 'WHAT IS THE EVENT', the title is 'New River & Las Olas Blvd. Walk' and the category is 'Year Round Walk'. A red arrow points to a 'D'load brochure' button. Below this is a photograph of the riverwalk with pink arrows pointing to specific features. On the right side, there is a 'View legacy listing' button and the text 'Hosted on the Online Start Box (OSB)'. Under 'REASONS TO DO THE EVENT', there is a red arrow pointing to the 'Special programs' section, which lists 'Ice Cream Parlors', 'Mayflower - 400th Anniversary Walk', and 'Walking the USA A - Z'. A 'Long description' follows, detailing the route and conditions. Under 'CONDITIONS FOR THE EVENT', it lists 'Distance: 6 & 10 Km, Rating: 1A', 'Restrooms: Yes', 'Strollers: hard', 'Pets: Yes', and 'Wheelchairs: medium'. There is also a 'Comments' section and 'Awards and fees: IVV Credit Only'.

Going back to “My Account” takes you to your personal details

- **My Books** – here de-select Distance/Event books if not using them (you can ignore this page as AVA assumes you have these books)
- **My Event Bank** – here is listed current, future or past walk details that you have registered for
- **Registration** – here you find walks in any State, view details and register once you select your walks
- **Directions** – are downloaded here, after registering
- **Finish Table** – is where you go back to ‘finish’ once the walk is done to tell my.ava.org that you have done the selected walk
- **Insert cards** – from here you will download and print your insert cards

You will download your insert cards. You can print one to a page or include up to 8 remote walks on one card. Print on a regular sheet of paper then cut to size and submit to the AVA with your completed books, as usual.

The screenshot shows the MyAVA website interface. At the top, the logo "MyAVA Fun, Fitness, and Friendship" is on the left, and "My Account" and "Logout" are on the right. Below the logo is a navigation bar with buttons for "Up", "My Books", "My Event Bank", "Registration", "Directions", "Finish Table", and "My Insert Cards". The main content area is titled "Locked insert cards" and contains a message: "These are your locked insert cards. You may reprint these cards, taking care that you do not submit duplicate cards to the AVA." Below this message is a "Back to current cards" button. There are two sections: "IVV DISTANCE" and "IVV EVENTS". Each section contains two event cards. Each event card has a "Download picture" button, a unique ID (CN-04234, CN-04235, CN-04232, CN-04233), and a "Download PDF" button. The events are: Sep 21st, 2019 West Palm Beach, FL CityPlace; Sep 21st, 2019 West Palm Beach, FL CityPlace; Sep 22nd, 2019 Delray Beach, FL; and Sep 22nd, 2019 Delray Beach, FL.

MyAVA Fun, Fitness, and Friendship My Account Logout

Up My Books My Event Bank Registration Directions Finish Table My Insert Cards

Locked insert cards

These are your locked insert cards. You may reprint these cards, taking care that you do not submit duplicate cards to the AVA.

[Back to current cards](#)

IVV DISTANCE

[Download picture](#) CN-04234 [Download PDF](#)
Sep 21st, 2019 West Palm Beach, FL
CityPlace

[Download picture](#) CN-04232 [Download PDF](#)
Sep 22nd, 2019 Delray Beach, FL

IVV EVENTS

[Download picture](#) CN-04235 [Download PDF](#)
Sep 21st, 2019 West Palm Beach, FL
CityPlace

[Download picture](#) CN-04233 [Download PDF](#)
Sep 22nd, 2019 Delray Beach, FL

Downloaded Insert Cards for completed walks



You can see all the details pertaining to your account, by clicking on 'My Event Bank'. See past walks and how much money is left on your account. Here you can add funds for future walks.

MyAVA Fun, Fitness, and Friendship My Account Logout

[Up](#)
[My Book](#)
[My Event Bank](#)
[Registration](#)
[Directions](#)
[Finish Table](#)
[My Inset Cards](#)

AVA Event bank Help

The event bank is an account to provide a way for you to quickly pay a club for events, donations and other items. The account is managed by the American Volkssport Association.

There are four important points:

1. **THERE ARE NO REFUNDS!** You are purchasing digital goods that are immediately available for download.
2. The credit card fees are paid by you so that we are able to pass the full event credit to the club.
3. Unused event credit never expires.
4. Event credit cannot be moved from one account to another. It can only go to a club or the AVA.

Contact information:
 American Volkssport Association
 1001 Pat Booker Rd #101
 Universal City, TX 78148, USA
 1-210-659-2112
 Attn: Erin Grosso
 Email: erin@ava.org

Jenny Thomas
 Your Event Bank balance is **\$3.00**

Since you are using this money for event credit, it might be worth doing the math and enter a amount for a specific number of events. We strongly recommend that you only put in whole dollar amounts.

All amounts are in USA Dollars.

\$ \$100 max [Add funds](#)

Payment history

		CREDIT	DEBIT	BAL	
Sep 28th, 2019	Event credit (coupon applied)		\$1.00	\$3.00	West Palm Beach, FL - CityPlace
Sep 28th, 2019	Event credit (coupon applied)		\$1.00	\$5.00	Delray Beach, FL
Sep 28th, 2019	Donation to club		\$1.00	\$4.00	Mid-Florida Milers Walking Club
Sep 19th, 2019	Download directions		\$2.00	\$6.00	CityPlace, FL
Sep 19th, 2019	Download directions		\$2.00	\$8.00	Delray Beach, FL
Sep 19th, 2019	Add funds to event bank	\$10.70	\$0.70	\$10.00	Via EVO

Presentation prepared by Jenny Thomas, MFM YRE Co-ordinator

If you have questions about the Presentation,
please feel free to email me at: jftbbtt@hotmail.com
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