

The *COMPASS*

A Publication of the *California Volkssport Association*

July

August

September

2019



Fun, Fitness, Friendship



America's Walking Club



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WEBSITES

AVA: www.AVA.org

CVA: www.cva4u.org

IVV: ivv-web.org

California Club Websites

CCBB: www.beachboardwalkers.org

DD: www.davisdynamos.org

DTT: www.DeltaTuleTrekks.org

GVG: www.greenvalleygaiters.org

LDR: www.LowDesertRoadrunners.org

PP: www.PlacerPacers.org

SBS: www.SBStriders.org

SCS: www.SonomaCountyStompers.org

SFBB: www.facebook.com/SanFranciscoBayBandits

SWS: www.SacramentoWalkingSticks.org

TTT: www.TahoeTrailTrekks.org

VVV: www.VacaVolks.org

COMPASS Article Deadlines

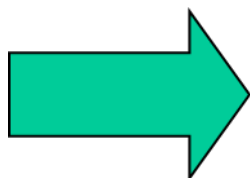
February 10 for April, May & June events

May 10 for July, August & September

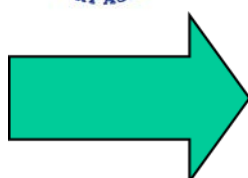
August 10 for Oct., Nov. & Dec. events

November 10 for Jan., Feb. & March events
send to

Suzi Glass: glass2walk@gmail.com



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See Page 7





NEW Walkers -- The COMPASS is for YOU!

Who we are.....

We are an organization of walking clubs located throughout California. Our members are individuals and families (and even some dogs!) who love to explore this beautiful state - on foot! We have 17 walking clubs offering more than 200 trails in California through cities, parks, beaches, forests, mountains, historic sites and charming town neighborhoods. Walks range from flat, paved trails that accommodate strollers and wheelchairs, to more challenging hikes up winding mountain trails. There's something for everyone.

California Volkssport Association (CVA) members are of all ages and capabilities, and range from reformed "couch potatoes" and weekend warriors to avid hikers and former runners. We are friendly, non-competitive, family-oriented and united in our love of the outdoors. In California, our focus is on walking and hiking, but we also participate in biking, cross-country skiing, swimming and even kayaking!

Volkssporting ("people sports") originated in Germany, and was imported to the US more than 40 years ago by members of the US Military. CVA is part of the US national organization, the American Volkssport Association (AVA), which is part of the international organization, IVV. We are one big happy family of walkers located all over the world!

Walks are typically 5k (3.1 miles) or 10k (6.2 miles). Some walks, "Year-round Events," are available anytime. You just go to the starting point, sign in, pick up a map and hit the trail. Others, "Traditional Events," are scheduled on a specific day. Traditional Events are great opportunities to meet other walkers from around the state. In early May every year, California walkers converge in a different part of the state for the annual CVA Convention – a weekend of unique walks and hikes, social events, making new friends, and catching up with old ones.

Research shows that walking is one of the easiest and best ways to achieve good health – both physically and mentally. It's low cost, easily accessible, and requires minimal equipment (well-fitting shoes, a hat, water, and sunscreen are what we recommend). What are you waiting for?

Hope to see you on the trail!

"Walking is man's best medicine." - Hippocrates

How to get started.....

This magazine lists the Traditional Events where people will be present to welcome and guide you.

1. Look through this magazine to find an event in your area.
2. Check with the event contact if you want additional information.
3. Be sure to bring along water, a hat, a snack, and sunscreen.
4. Arrive at the start table within the designated "start times" (in the event description).
5. Tell the start table volunteers that you are a new walker, and they will help you from there.
6. Ask questions, make new friends, enjoy the fresh air and scenery, and have fun!

Where to learn more.....

The CVA website address is 'cva4u.org'. This provides more detailed information about our organization and the clubs in California. The national organization website is 'ava.org' which leads you to all of the events and clubs within the nation.

2019 CVA CONTACTS: California Clubs & CVA Officers

CB: Coronado Beachcombers Herman Husbands 619-287-0560 6375 Elmhurst Drive San Diego, CA 92120-3957 eagleherm@aol.com	SBS: South Bay Striders Chris Zegelin 408-259-5157 15680 Alum Rock Ave. San Jose, CA 95127 chris@zegelin.com	CVA OFFICERS President Betsy McDevitt 530-412-HIKE 371 Cuckoo Court Applegate, CA 95703 President@CVA4u.org
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COMPASS SUBSCRIPTION DEADLINES

Subscribe by August 15th for the final issue in 2019

Subscribe by November 15th for all 4 issues in 2020

Subscribe by February 15th for 3 issues in 2020

Subscribe by May 15th for 2 issues in 2019

Message from the Prez, Betsy McDevitt

Hi Folks,

Thank you Low Desert Roadrunners, Central Coast Beach Boardwalkers, and Green Valley Gaiters for a successful CVA Convention May 3-5 in San Diego! I know that it took a lot of planning, long-distance and otherwise, to host the Convention. They had 3 great walks with super driving and walking directions for us: Seven Historical Bridges, Ocean Beach, and Mission Bay. I thought it was a good idea to provide driving directions to their YREs too! I enjoyed the Friday Meet & Greet and Saturday lunch. I know that the meeting went a little long, but we accomplished a lot. Suzi Glass, PARD, and Carl Cordes, DRD, attended our Convention also. They switch positions on July 1, when Carl will become PARD, and Suzi DRD.



AVA YREs and Seasonal Events can be renewed and sanctioned for 2020 beginning on June 1. Please finish this process by **August 25th**. I want to make sure to get them all approved and into the Starting Point for 2020.

I hope that many of you were able to attend AVA's 21st Biennial Convention in Albany, New York. The Empire State Capitol Volkssporters had lots of activities and walks planned for encouraging fun, fitness, and friendship! Congratulations to all of the Meritorious Service and Commendable Service Award winners! Their names were listed in the Convention Program.

The Sacramento Walking Sticks have a new Special Program called: "Walking with Woody and the Sticks". This program will help us to explore YREs and Seasonals throughout our Golden State. Discover the program's details elsewhere in this issue of The Compass.

Happy Trails!
Your Prez,
Betsy

GENERAL INFORMATION

All activities of the American Volkssport Association shall be carried on so as to be responsive to the needs of all persons, without regard to race, religion, sex, age, national or cultural origin, place of residence, economic circumstance, lifestyle or social status. Events are open to everyone.

IVV/AVA SANCTIONS: All events in The COMPASS are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV).

IVV RECORD BOOKS: IVV issues special awards for participants who complete specified milestones (10, 30, 50, etc. events and/or 500, 1000, 1500 km, etc.). Those who wish to receive awards for completing these milestones record them in official IVV record books which are submitted to AVA when each milestone is reached. These official IVV books may be purchased at the Start/Finish for \$6.00 each. New Walker Packets containing both an Event and Distance book plus coupons for free walks and information about volkssporting are also available for \$5.00.

REGISTRATION AND FEES: All participants must register for each event. Participants who wish to receive IVV credit for an event and record the event in an official IVV record book will be charged a registration fee of no more than \$3.00. An event may also have a special award available for an additional fee to those who have completed the course. ***Awards will not be sold outright.***

If there are not enough awards available on the day of the event, the sponsoring club may choose to reorder additional awards to be mailed to those who paid the appropriate fee.

Pay close attention to the event advertisement.

Sponsors may advertise that only a specified number of awards will be available and that ***no*** reorders will be made.

Where pre-registration is offered, participants are encouraged to pre-register as instructed in the event advertisement or flyer. ***No refunds will be made to pre-registered persons who do not participate.***

PROCEDURES: At the event start, each participant will receive a start card which must be filled out with the person's name and address. Participants who do not wish to receive IVV credit and are walking for free must also fill out a start card. ***In addition to a start card, each participant must also sign a waiver.***

This card must be carried during the event and personally presented at the checkpoints along the route. All cards remain the property of the sponsoring club and **must be turned in at the completion of the event**, whether or not the participant receives IVV credit or an award.

DISCLAIMER: The American Volkssport Association and its officers, members, and agents shall not be liable or responsible for, and shall be saved and held harmless for and against, any and all claims and damages to or loss of property arising out of or attributed to the operation of events conducted by the AVA. ***Participants must sign a disclaimer (waiver) for all events. A parent or guardian must sign for those under 12 years old.***

STIPULATIONS: With registration for these events, the participant accepts the guidelines of the AVA and agrees to observe the principles of good sportsmanship and safety. Every participant must adhere to the directions of the control personnel. Littering is not permitted. Check each event advertisement or flyer to determine if the route is suitable for baby strollers and wheelchairs and if pets are permitted. ***All events will take place regardless of weather conditions.***

REFRESHMENTS: Water will be available at the Start/Finish and control points. Other refreshments are often provided either at the Start/Finish or at the control points. It is a good idea to carry water, especially in warmer weather.

YEAR ROUND/SEASONAL EVENTS: Registration materials for Year Round/Seasonal events will include instructions for remitting the IVV credit fee and the fee for the award, if one is available, to the sponsoring club. You may participate for free if no award or credit is desired. All participants, including those walking for free, must register and sign the waiver form for each event. You may only have one **Event** credit per day. You may participate in an event without limit for **Distance** credit, but you must obtain a new start card (and pay the registration fee of no more than \$3.00) each time you participate except when completing the course twice in one day.

Trail Ratings

What do the trail route/ratings mean?

The following trail rating system is used to indicate the degree of difficulty of a trail for the AVA sanctioned walk.

Part 1 – INCLINE/ELEVATION	Part 2 - TERRAIN
1. Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs. Cumulative elevation gain from Starting Point: up to 200 feet.	A. Almost entirely on pavement.
2. Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs. Cumulative elevation gain from Starting Point: 200 - 1000 feet.	B. A significant part of the route is on well-groomed trails with very few obstacles.
3. Some significant hill or stair climbing. Not suitable for strollers or wheelchairs. Cumulative elevation gain from Starting Point: 1000 - 2000 feet.	C. A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand.)
4. Lots of significant hills or stair climbing. Cumulative elevation gain from Starting Point: 2000 - 3500 feet.	D. A significant part of the route is on very difficult terrain.
5. Many steep hills. Cumulative elevation gain from Starting Point: more than - 3500 feet.	E. The majority of the route is on very difficult terrain.

Examples

- When determining elevation gain, if a route goes up for 50 feet and down for 50 feet and back up for another 75 feet, the cumulative gain would be 125 feet.
- A route that is mostly on flat pavement would be rated 1A.
- A beach walk would be rated 1C.
- A route with moderate hills on well groomed trails would be rated 2B.

Precautions: Please be aware that weather conditions will cause a variance in the trail rating. Inclement weather or an unexpected hot or cold day can increase the degree of difficulty of a trail, so each participant should adjust their pace accordingly. It is advisable to carry water to all walking events. It is possible to become dehydrated in cold weather as well as in hot weather. It is always the goal in the AVA to provide the participant with a safe and enjoyable event. You alone know your own limits.

Subscribe to The COMPASS

by August 15, 2019

to receive the last issue of the
California Volkssport Association
publication in 2019.

(Subscriptions are on a calendar year basis)



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Jean Lucas
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Davis, CA 95618-2543

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Questions? Call Jean Lucas 530-756-4919
or compass@cva4u.org



Celebrate the
4th of July

walking with the **South Bay Striders**
in San Jose's

Rose, White & Blue Parade

Sanction #PA19/113915

10 km Start: O'Connor Hospital

2105 Forest Ave., San Jose, CA 95128

5 km Start: Lincoln High School

555 Dana St., San Jose, CA 95128

Register between 8:30 & 9:15 am.

Route: Rated 1A –sidewalks & city streets. We'll walk together to San Jose's beautiful Municipal Rose Garden, the staging area and join the parade. This hometown 4th of July event has marching bands, floats, classic cars and bike groups. Afterward, view the parade and/or enjoy music, food, games and booths including the South Bay Striders' booth. The return is along The Alameda (site of the first stagecoach and railroad), traverses central San Jose neighborhoods and past the Egyptian Rosicrucian Museum, built in the 1870's.

Miscellaneous: Restrooms are found at the 10 km start, Rose Garden, and parade's end. Water will be provided. Pets are welcome on leash with clean-up. Easy walk for strollers & wheelchairs. Sunscreen is recommended.

Fee: \$3.00 for credit or non-IVV. New walkers are Free (donations welcomed)

Special Programs: Co: SCLar, CP, St x St, WF, WwW – "S".

Contact: **Suzi Glass** (cell) 408.592.3935
glass2walk@gmail.com

Directions: **Driving South on 880**, take Bascom Ave., Exit 1D. Turn Left on No. Bascom and go over the freeway. After about ½ mile, go Right onto Naglee Ave. Naglee becomes Forest Ave. Turn Right into the O'Connor Hospital driveway at the light at DiSalvo, then immediate Left to pass in front of the hospital and ER. Turn Right just before the parking structure and continue to parking lot's back wall. **Driving North or South on 101**, take 880 into San Jose and follow the above directions.

SPECIAL EVENT PROGRAMS

Do you like to ride carousels? Know your Vice Presidents? Frequent National Parks? Find water fountains refreshing?

Then there is a Special Event
Program for you!

New 2019 programs are listed in **bold**.

Review the list below, check ava.org or *The American Wanderer* for program rules and contact the sponsoring club for a book. Read *The COMPASS* event descriptions for Traditional Events or check the 2019 *Starting Point* book for Special Program Listings, using the abbreviations below.

2019 Special Event Programs

<u>Abbrev.</u>	<u>Name of Program</u>	<u>Ends</u>
AT	Appalachian Trail	2028
BC	Border Crossings	2023
Br	Bridges	2018
Car	Carousels Across America	2021
CP	Walk in a City Park	2018
IC	Ice Cream Parlors	2019
Inv	Walking the Path of Inventions	2018
LFL	Little Free Libraries	2021
LL	Lady Liberty	2018
LP	Doin' the Louisiana Purchase	2018
NP	National Parks Centennial	2018
PC	Ports of Call	2018
P.O.	United States Post Offices	2018
PR	Points of Reference	2018
S.N.O.B.	Special National Officers' Book	2018
SSS	State Street Sashay	2018
St x St	Walk the USA Street by Street	2018
TH	Treasure Hunt	2018
UR	Underground Railroad	2019
USA	Walk USAA-Z	no end
VP	Vice Presidential Walks	2018
WF	Water Fountains	2018
WLO	Walk Like An Olympian	2020
WwW	Walking with Woody	2023
50St	50 States	no end
51Cap	51 State Capitals	no end

For programs with ending dates of 2018, you may still turn in completed books and receive awards in 2019.

WALKING with WOODY



and the Sticks

The Sacramento Walking Sticks club has a Special Program for California. Join our mascot Woody, the Walking Stick, on a walking journey up and down the state of California as you walk cities that spell out

S.A.C.R.A.M.E.N.T.O. W.A.L.K.I.N.G.
S.T.I.C.K.S.

You may use Year-Round Events and/or Traditional Events. You also get the opportunity to use any event as a *Wild Card*, but only once. We hope you enjoy the diversity and beauty of all the California walks in which you participate.

The program costs \$10, which includes a record book, information sheet, one 3" embroidered patch (as shown above) plus a certificate of accomplishment. To order the booklet, send your name, address, phone number and email with a \$10 check or money order payable to **SWS** to

Tammi Kerch
Attn: Sacramento Walking Sticks
2333 Coffeeberry Road
West Sacramento, CA 95691

Tamker32@hotmail.com
Call 916.283.4650 for
additional information
www.SacramentoWalkingSticks.org

THE DELTA TULE TREKKERS

Invite you to

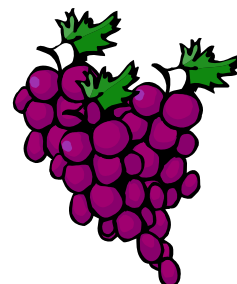
@ Wonderful Winery Walk

Acampo, CA

(Lodi Wine Country)

Sanction #PA19/113927

July 13, 2019



Start Location: Heritage Oak Winery Parking Area, 10112 E. Woodbridge, Acampo, CA 95220

Start Time: 8:00–12:00 noon

Finish: by 3 p.m.

Distances: 10K and 6K **Trail Rating:** 2 B

Fee: Credit & non-IVV \$3.00.

Special Programs: Co: SJ, WWW "A".

Description: A wonderful walk through grape orchards, wineries and trails by the Mokelumne River. We will begin at a winery and can visit two more and taste as we trek along if we desire. What a fun day!

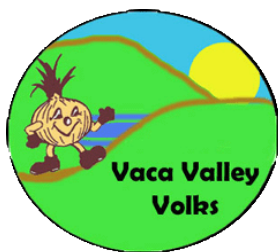
Miscellaneous: Water and restrooms available at the start and along the route. Wheelchairs and strollers may have some difficulty on dirt trails. Dogs o.k. on leash with clean-up, however, are not allowed inside tasting rooms.

Additional Information: Contact Don or Dianne Drierer at 209- 887-2807, or deltatuletrekkers@inreach.com

Directions: From **North of Lodi**, Follow Hwy 99 to exit #270, Peltier Rd. Exit and turn LEFT on E. Peltier Rd. Follow E. Peltier to Bruella Rd. RIGHT on Bruella to E. Orchard Rd. LEFT on E. Orchard to Buck Rd. RIGHT on Buck to E. Woodbridge Rd. LEFT on E. Woodbridge to Heritage Oak Winery on the right.

From South of Lodi: Follow Hwy 99 North to Exit #266 E. Victor Rd. Exit T to frontage road (Beckman Rd.) and LEFT on frontage road to E. Victor Rd., Hwy 12. RIGHT on E. Victor and follow to Bruella Rd. LEFT on Bruella, over the Mokelumne River to E. Orchard Rd. RIGHT on E. Orchard to Buck Rd. RIGHT on Buck to E. Woodbridge Rd. LEFT on E. Woodbridge to Heritage Oaks Winery on the right.

Walk Martinez



Saturday, July 20, 2019

10 KM (6.2 Mi.) or 5 KM (3.1 Mi.) Walk

SANCTION #PA19/113893

SPONSOR: *Vaca Valley Volks*

LOCATION: Martinez Automotive

741 Green Street, Martinez, CA 94553

START: 8:00am -12:00 Noon **FINISH:** 3:00pm

DISTANCES: 10KM/5KM **TRAIL RATING:** 1A

FEE: \$3.00 Credit and Non-IVV. New walkers free.

SPECIAL PROGRAMS: Co: CC, IC, USA, 50St

DESCRIPTION: Martinez is one of the oldest Anglo cities in California before California became a state. You will see many historic plaques on the buildings.

MISCELLANEOUS: Parking is on city streets. There are parking meters, however they are not used on Saturdays. No restrooms at the Start Point, but are located along the route including the Amtrak station, Safeway Market and John Muir House. Water at the Start Point. Pets OK on leash with clean-up. Okay for strollers and wheelchairs.

DRIVING DIRECTIONS: From Hiway 80 going east, take Hiway 780 turn off in Vallejo. Merge with Hiway 680, cross the Benicia Bridge and take the Marina Vista turn off. **From Hiway 80 going west** take 680 turn off in Cordelia. Cross the Benicia Bridge and follow directions below.

Turn left on Marina Vista Ave. and continue to Court St. Left on Court St. and Right on Green. Parking is on city streets. Parking meters are **not** used on Saturday.

ADDITIONAL INFORMATION:

Jill & Bud Simmons

jillmail@sbcglobal.net (707) 448-5148 (707) 372-1251

Lake Tahoe's West Shore

July 27, 2019

Sanction #PA/113901

5k or 10k (3.1 or 6.2 Miles)

Start Location: Tahoe Lake Elementary at Rideout on Tahoe's West Shore. **740 Timberland Lane, Tahoe City, CA 96145**
Start: 9:00am to 1:00pm
Finish: by 4pm.



Trail Rating & Description:

Both 5k and 10k routes are **1B**. Neither suitable for wheelchairs or strollers. Walk through newly developed; full growth forest trails with a mix of full and filtered sun and shade. Cross a meadow on a boardwalk and hopefully see wildflowers in bloom. Circle around through the forest on these well maintained, mostly level, State Park trails, leading back to the start point and completion for 5k walkers. Those going on for the 10k distance, will walk down to the Lake and continue along the West Shore of Tahoe on the paved walk/bike trail. This segment has breathtaking views of the Lake and mountains. Then return to Tahoe Lake at Rideout.

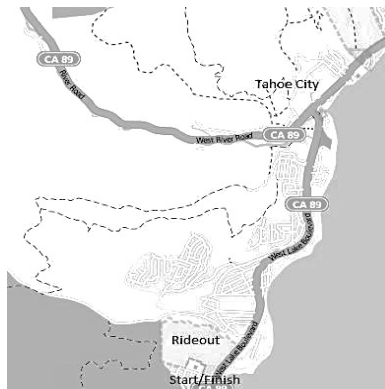
Registration: AVA credit & non-IVV \$3.00. You may walk for free. (Donations welcome) No credit refunds. No pre-registration for this event.

Special Programs: Co: Pla, USA, WwW.

Miscellaneous: Water and restrooms are available at start/finish and only along the 10k route. Leashed dogs are allowed with cleanup.

Contact: POC Betsy McDevitt betsywalks@gmail.com
530-412-4453 Website: www.tahoetrailtrekkers.org

Directions: At the Tahoe City "Y" drive South on Hwy 89 for 3.2 miles to Timberland Lane. There's a large



"Timberland" sign up on the right. Turn right and drive up the short hill. Turn right into Tahoe Lake Elementary at Rideout, 740 Timberland Lane, Tahoe City, CA. 96145. Watch for AVA signboards on the highway and at Tahoe Lake Elementary at Rideout.

Walk with the
LOW DESERT ROADRUNNERS
Huntington Beach, CA
August 10, 2019

One Day Only
Sanction #PA19/113925

Credit Only



Start Location: Farquhar Park
951 Main St., Huntington Beach, CA 92648

Registration: 8am to noon. **Finish** by 3pm.

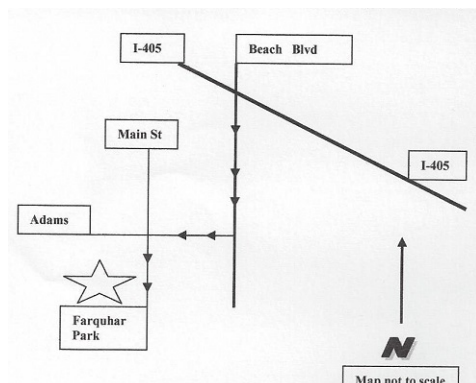
Trail Description: Both the **5K & 10K** routes are **rated 1A**. They follow residential streets but will be primarily along the paved bike trail on the beach. Leashed pets are allowed with clean-up. Restrooms & water are available at the start and along the route. Routes are ok for wheelchairs & strollers.

Miscellaneous: The beach is a lovely place to spend the day! Carry water and use sun protection. **There will be a club meeting at Noon. Lunch will be provided for members who RSVP to Sue at 951 333 6806 or osuejoe2@aol.com by Aug 4. Please bring chairs.**

Special Programs: Co: LA, CP, PR.
Fees: \$3. New Walkers Free.

Contact: Jean Vik at 951.317.7860 or walkervik@aol.com

Directions: From I-405, exit South on Beach Blvd (Hwy 39). Travel about 4 mi to Adams Ave. Right on Adams for about ¾ mi to Main St. Left on Main. Farquhar Park is on the right between 11th St. & 12th St. Street parking only. **Look for the AVA banner.**



The **Bay Bandits** invite you to explore
*Historic Laguna Honda Hospital &
the Mt Sutro Forest in San Francisco*
10K, 6K WALK

Saturday, August 10, 2019

Sanction #PA19/113907

LOCATION: Midtown Terrace Playground,
near 257 Olympia Way at Clarendon Ave, San Francisco,
CA 94131. *Registration will take place from the back
of a car on Clarendon Ave next to the park.*

START: 9:00 AM -12:00 PM **FINISH:** by 3:00 PM
DISTANCES: 10K, 6K **TRAIL RATING:** 3C, not
appropriate for strollers or wheelchairs

DESCRIPTION: Come explore the grounds and wooded trails surrounding historic Laguna Honda Hospital. Enjoy panoramic views of San Francisco Bay from Sutro Tower and Tank Hill. Then wander through the Forest of Mt Sutro Open Space.

MISCELLANEOUS: Restrooms and water are at start and hospital. Pets are welcome on leash with clean-up except inside the hospital. Walking sticks will be helpful for some portions of the walk.

FEES: \$3.00 Credit and Non-IVV. New walkers free.
SPECIAL PROGRAMS: CP, TH, St x St, PC, USA A-Z

DIRECTIONS

From the East: Take I-80 W to San Francisco crossing the Bay Bridge (toll). Merge onto US 101 S. Take exit 431 for I-280 S toward Daly City. **Take exit 52 for Monterey Blvd and turn Right. Veer Left on Diamond St. Left onto Bosworth St. Bosworth becomes O'Shaughnessy Blvd. Right onto Portola Dr. Left onto Twin Peaks Blvd. Left onto Panorama Dr. Left onto Olympia Way. Park will be on the right.**

From the South: Take CA 87 N to exit 98 for US 101 N. Take exit 430A toward Daly City. Merge onto I-280 S. Then follow directions in **bold** above.

From the North: Take US 101 S and cross Golden Gate Bridge (toll). Use the right 2 lanes to exit 438 for CA-1 toward Golden Gate Park/19th Ave. Right onto Lincoln Way. U-turn at 20th Ave. Right onto 7th Ave. 7th Ave becomes Laguna Honda Blvd. Left onto Clarendon Ave. Right onto Olympia Way. Park is on Left.

PARKING is available along Olympia Way and Clarendon Avenue.

CONTACT: Priscilla Fife, prife@gmail.com or
SFBayBandits@aol.com or call 916-616-6003 and leave a message.

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Ice Cream Walk!

Sacramento, CA
August 14 & 15, 2019
 Sanction #PA19/113902

SPONSOR: Sacramento Walking Sticks
START: Vic's Ice Cream Parlor
 3199 Riverside Blvd, Sacramento, CA 95818

START TIMES: Wed: 4:30 -- 6:30 p.m.
 Thurs: 9:00 -- 10:00 a.m.
FINISH TIMES: Wed: 9:30 p.m.; Thurs: 1:00 p.m.
DISTANCE: 5K (3.1 miles) or 10K (6.2 miles)

SPECIAL PROGRAMS: Br, Co: Sac, CP, IC, Inv,
 LFL, St x St, USA, WwW "S".

TRAIL DESCRIPTION: Rated 1A Visit two of Sacramento's finest and oldest Ice Creameries in the Land Park and Curtis Park neighborhoods: Vic's and Gunther's. This will be a shady stroll through upscale neighborhoods with classic 20's and 30's homes. Why not try a taste test and enjoy an ice cream at the start, halfway and if you're *really* hot, at the end of your walk? Yum!!

- Restrooms at start and along the routes
- Dogs OK on leash w/pickup. Outside seating at both places for dog owners
- Easy for strollers and wheelchairs
- Water at the start/finish.
- Sandwiches, salads & soups available

FEES: \$3.00 credit. You may walk free (donations welcome).

CONTACT: Barbara Nuss, 1.916.283.4650,
President@SacramentoWalkingSticks.org

DRIVING DIRECTIONS:

From Business 80/US-50 Eastbound: Take the 15th St exit and turn right. Turn right on Broadway. Turn left on Riverside Blvd.

From Business 80/US-50 Westbound: Take the 16th St exit and stay in the left lane of exit. Take W St to 15th St one block and turn left. Turn right on Broadway. Turn left on Riverside Blvd.
Vic's will be on your left. Park across the street at the end of the strip mall & on surrounding streets.

www.SacramentoWalkingSticks.org

***** DEADLINE: 08/15 - SUBSCRIBE TO THE COMPASS for the last issues in 2019 *****

Walk with The Delta Tule Trekkers



September 7, 2019

Start: Knights Ferry Covered Bridge
 Recreation Area, 17968 Covered Bridge
 Road, Oakdale, CA 95361
Sanction: #PA19/113928

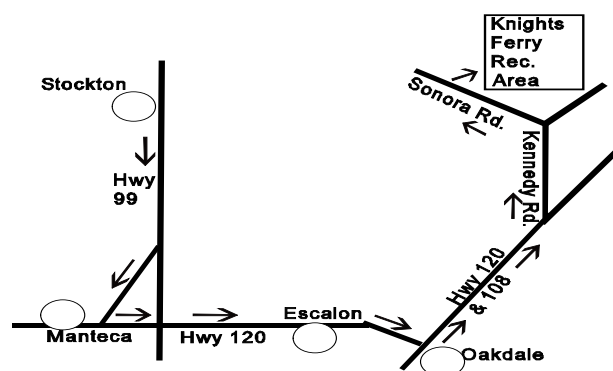
Start Time: 8:00–12:00 noon **Finish** by 3:00 pm
Distances: 6K and 10K routes **Rating:** 2B
Fee: Credit \$3.00 or free (donations accepted)
Special Programs: Br, Co: Stan, IC, WwW "K".

Description: The Knights Ferry Covered Bridge is the longest covered bridge west of the Mississippi River and is more than 130 years old. We'll walk through the bridge, along paved roads, dirt and gravel trails as we trek through the small community of Knights Ferry and the surrounding countryside. A museum and visitor center is along the route.

Miscellaneous: Water and restrooms available at the start and along the route. Difficult for strollers and wheelchairs. Dogs ok on leash with clean-up.
 A barbecue will be held from 11-2 (donation)

Additional Information: Contact Tom Swift at 209-298-5829, or deltatuletrekkers@inreach.com

Directions: Follow Hwy 99 south of Stockton to exit for Yosemite Ave., Hwy 120 EAST. Continue on Hwy 120 EAST through Escalon and Oakdale as Hwy. 120 is now Hwy 120 & 108. Follow Hwy 120/108 EAST approx. 11 miles to Kennedy Road and a sign to Knights Ferry. Turn left on Kennedy Rd. to Sonora Rd. Left on Sonora Rd. a short distance to parking on right for Knights Ferry Recreation Area.





Central Oregon Salute: Rivers, Mountains, & More



September 12-15, 2019

Sunny skies, shimmering rivers, snow-kissed mountains, alpine lakes and sagebrush plains serve as the backdrop for our four days of walking, hiking, biking and swimming. Headquartered in Bend, OR.

Social Events:

Friday evening: Meet & Mingle

Saturday evening: Banquet, preregistration required, \$35

Guided walk to whitewater rafting trip on the Deschutes River


Friday, September 13, 11:30 AM (\$45)

For updated information, watch our website:
walking4fun.org/central-oregon.html

Brought to you by:

Columbia River Volkssport Club

Please join us!



Central Coast Beach Boardwalkers present.....

OCAF Chalk Festival Walk in Orcutt

September 28, 2019

Start: Old Town Market, 405 E. Clark Ave, Orcutt,
CA 93455. Corner of Clark and Gray.

Sanction #PA19/113836

Start: 8:00 a.m. –11:00 a.m. **Finish:** by 2:00 p.m.

Distances: 5K and 11K

Special Programs: Co: SB, LFL, PO, PR, WF,
WwW "O", USA.

Trail Rating and Description: Rating: 1A

Join the Central Coast Beach Boardwalkers in celebrating the Orcutt Children's Art Foundation Street Chalk Festival! Arts and Crafts vendors, gourmet food trucks, face painting, and artists galore all come together to help bring the arts back to local schools. Listen to world-class musicians on stage, watch amazing street artists, and enjoy the beautiful Central Coast weather as you walk for Fun, Fitness, and Friendship in small-town Orcutt.

Volksmarchers: Enjoy strolling through nice neighborhoods and explore Old Town Orcutt.

Fees: AVA credit only, \$3.00, donations accepted

Miscellaneous: Restrooms & water at start/finish and Chalk Festival. Bring water for the walk. Dogs OK along route on leash with clean-up, but not at event. Okay for strollers; not advised for wheelchairs due to lack of sidewalks.

Directions: From Highway 101: Exit Clark Avenue, proceed West (away from the agricultural fields, towards town). Continue on Clark Ave for about 2.6 miles (past Jack in the Box and the overpass). Old Town Market is the small grocery store on the right at the first stop sign in Old Orcutt. Parking lot is small, so please park on the street.

Contact: Ty Fredriks ty@beachboardwalkers.org
805-714-1552 (Lost? Call me!!)

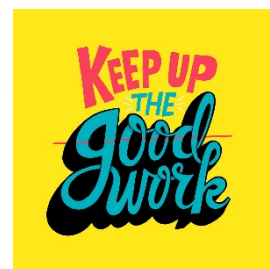


LOOK WHO'S WALKING!

In the June issue of *The American Wanderer*, the following California walkers were listed for the Event Levels they completed.

Congratulate them on the trail!

Name	Events
Robin Innes	75 Events
Barbara Rigler	75 Events
Linda Garrison	175 Events
Debbie Thomas	175 Events
Cynthia Turbin	250 Events
Phyllis Wichelns	275 Events
Ramos Haugen	350 Events
Theresa Ihara	400 Events
Shirley Hightower	575 Events
Tom Swift	750 Events
Holly Pelking	1,800 Evnts
Myrna Jackson	3,900 Events





SAVE THE DATES !!

Nov. 29: #OPTOUTSIDE

LOOK WHO'S WALKING!

In the June issue of *The American Wanderer*, the following California walkers were listed for the Distances they covered. Be sure to acknowledge them when you meet them on the trail!

Name	Distance
Christine Williams	500 KM
Olga Smith	1,000 KM
Rutherford Smith	1,000 KM
Ramos Haugen	2,000 KM
Theresa Ihara	4,000 KM
Carole Soenke	5,000 KM
Tom Swift	7,000 KM
Marilyn Ratliff	13,000 KM
Don Ratliff	14,000 KM
Bruce Morton	21,000 KM
Marcia Morton	21,000 KM
Dorothy Schwieger	22,000 KM
Joseph Jolly	75,000 KM

#OptOutside: sanction a Traditional Event or schedule a club walks on a Year-Round route on the day after Thanksgiving (November 29) to participate in REI's 5th annual #OptOutside campaign.

The focus is to spend time in nature with your family and friends rather than in Black Friday shopping crowds. Check ava.org or contact the Pacific Regional Director (pa_rd@ava.org) or Deputy RD (pa_drd@ava.org).

DEC. 14: MONTEREY CHRISTMAS IN THE ADOBES

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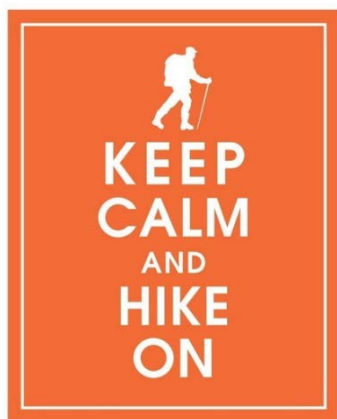
The South Bay Striders invite you to a day glimpsing California past and present. There will be an afternoon walk in Pacific Grove. The evening historic walk is combined with the Monterey State Park event, Christmas in the Adobes that requires tickets. Tickets go on sale in mid-October. Watch the next *COMPASS* for prices and more details.



GO FOR IT !



GOOD LUCK !



2019 Year Round & Seasonal Events Sponsored by California Clubs for more information see 2019 STARTING POINT or call Point of Contact (POC) listed.
Shaded entry denotes a change since the 2019 STARTING POINT was published.

Alameda - Co: Ala - 2 walks: Bay Farm Is (Y0619) & Victorian (Y0620) start: Café au Lait, 3215 Encinal Ave, Ste D, Alameda, CA 94501, POC: Priscilla Fife (916) 616-6003, by VVV	Buellton - Co: SB - walk Town (Y0799) start: CVS Pharmacy, 218 E. Hwy 246, bldg 3, Buellton, CA 93427, POC: Ty Fredriks (805) 714-1552 by CCBB
Anaheim - Disneyland - Co: Orng - walk (Y0794) start: web remote registration at my.ava.org , POC: Neil Cohen (818) 789-3929, by PARD	Calistoga - Co: Napa - walk (Y0268), start: Calistoga Roastery, 1426 Lincoln Ave., Calistoga, CA 94515, POC: Marilyn Nasi (707) 486-8528, by SCS
Auburn - Co: Pla - walk Placer County Museums (Y0034) start: Flour Garden Bakery, 340-C Elm Ave, Auburn, CA 95603, POC: Jan Jerabek (530) 401-3219, by PP	Cambria - Co: SLO - walk Cambria Beach and River (Y2358), start: The Bluebird Inn, 1880 Main St., Cambria, CA 93428, POC: Ty Fredriks (805) 714-1552 by CCBB
Avila Beach - Co: SLO - walk Avila Beach (Y1963) & Bob Jones Trail bike tour (Y0426), start: Pismo Lighthouse Suites, 2411 Price St, Pismo Beach, CA 93449, POC: John Fletcher (805) 736-8531, by CCBB	Campbell - Co: SClar - walk Los Gatos Creek (Y0853), start: Campbell Inn, 675 E. Campbell Av, Campbell, CA 95008, POC: Holly Pelking (408) 859-7978, by SBS
Benicia - Co: Sol - 2 walks Benicia State Recreation Area (Y1346) & Historic (Y0213), start: First Street Café, 440 First St, Benicia, CA 94510, POC: Howard McGill (707) 447-9431, by VVV	Capitola - Co: SCruz - walk Secret Paths & Stairways (Y1183), start: Coffeetopia, 3701 Portola Dr, Santa Cruz, CA 95062, POC: Holly Pelking (408) 859-7978, by SBS
Beverly Hills - Co: LA - walk Stars' Homes & Hollywood Flats (Y2042), start: web remote registration at my.ava.org , POC: Neil Cohen (818) 789-3929, by PARD	Carlsbad - Co: SD - walk Beach (Y2197), start: web remote registration at my.ava.org , POC: Neil Cohen (818) 789-3929, by PARD
	Carlsbad - Co: SD - walk Residential (Y0200) start: Tamarack Beach Resort, 3200 Carlsbad Blvd., Carlsbad, CA 92008, POC: Jean Vik (951) 317-7860, by LDR
	Carmel - Co: Mont - 2 walks Carmel Mission (Y0443) & Carmel - Point Lobos (Y0445), start: Lopez Taqueria & Liquor, 500 Del Monte Ave, Monterey, CA 93940, POC: Suzi Glass (408) 592-3935, by SBS
	Carmichael - Co: Sac - walk Ancil Hoffman Park (Y1712), start: 24 Hr Fitness, 5114 Arden Wy, Carmichael, CA 95608, POC: Sally Coones (916) 283-4535, by SWS
	Carmichael - Co: Sac - walk Hidden Parks (Y2418), start: SaveMart, Crestview Village Shopping Center, 4708 Margarita, Carmichael, CA 95608, POC: Myrna Jackson (916) 481-6714, by SWS,
	Carpinteria - Co: SB - beach walk (Y1856), start: Holiday Inn Express Suites, 5605 Carpinteria, Carpinteria, CA 93013, POC: John Fletcher (805) 736-8531, by CCBB
Big Bear Lake - Co: SnBer - 2 walks: North Shore Trail (Y0303) & Village (Y0337), start: Cozy Hollow Lodge, 40409 Big Bear Blvd (SR 18), Big Bear Lake, CA 92315, POC: Jerry Johnson (909) 825-9382, by GVG	
Bonita - Co: SD - walk Bonita Library (Y2192), start: web remote registration at my.ava.org , POC: Neil Cohen (818) 789-3929, by PARD	



As famous as Rodeo Drive is now, the source of the name was the original ranchers in the 1830's.

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Carson City, NV - Co: Douglas - walk Capital Neighborhoods (Y0936), start: Hardman House Hotel - 917 North Carson St., Carson City, NV 89701, POC: Judy Gordon (775) 331-9296, by TTT

Carson Pass - Co: Alp - seasonal walk 6/1/19-10/31/19 Pacific Crest Trail (Y0880) start: web remote registration at my.ava.org, POC: Suzi Glass (408) 592-3935 by CVA

Cherry Valley - Co: Riv - walk (Y1836), start: Shell Gasoline Station, 10501 Beaumont Ave, Cherry Valley, CA 92223, POC: Art Line (951) 845-3732, by GVG

Chula Vista - Co: SD - walk (Y0982), start: South Bay YMCA, 1201 Paseo Magda, Chula Vista, CA 91910, POC: Herman Husbands (619) 287-0560, by SBR

Citrus Heights - Co: Sac - walk Stock Ranch (Y0224) start: SAS Shoe Store, 7247 Greenback Lane, Citrus Heights, CA 95621, POC: Sally Coones (916) 283-4535, by SWS

Claremont - Co: LA - 2 walks: Downtown/Colleges (Y0743) & Hills (Y1424) start: Knights Inn, 721 So. Indian Hill Blvd, Claremont, CA 91711, POC: Bob Gebo (951) 924-2208 by LDR

Corona - Co: Riv - walk Historic (Y0913) start: Corona Regional Medical Center, 800 So. Main, Corona, CA 92882, POC: Jean Vik (951) 737-8341, by LDR

Coronado - Co: SD - walk (Y0352) start: Museum of History & Art, 1100 Orange Ave., Coronado, CA 92178. POC: Herman Husbands (619) 287-0560, by CB

Crestline - Co: SnBer - walk Lake Gregory (Y1826) start: Goodwin's Market, 24089 Lake Gregory Dr, Crestline, CA 92325 POC: Art Line (951) 845-3732, by GVG

Dana Point - Co: Orng - walk Harbor & Doheny Beach (Y2201) start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929, by PARD

Dana Point - Co: Orng - walk (Y1343), start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929, by PARD

Davis - Co: Yolo - bike Circle Davis Tour (Y0007), POC: Jo Ann Pelz (530) 756-2315 & 2 walks: **Southeast Tunnels & Bridges (Y1624)**, POC: Jean Lucas (530) 756-4919, **South Davis/El Macero (Y0617)**, POC: Jo Ann Pelz (530) 756-2315 start: Common Grounds Coffee, 2171 Cowell Blvd., Davis, CA 95616, by DD

Davis - Co: Yolo - walk University (Y0404), start: Fleet Feet Sports, 615 Second St, Davis, CA 95616, POC: Jo Ann Pelz (530) 756-2315, by DD

Donner Pass - Co: Nev - seasonal walk 6/1/19 - 10/31/19 Pacific Crest Trail (Y1038) start: web remote registration at my.ava.org, POC: Suzi Glass (408) 592-3935 by CVA

El Cajon - Co: SD - walk El Cajon Library (Y2193) start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929 by PARD

El Cajon - Co: SD - walk El Cajon Rancho San Diego Library (Y2199) start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929 by PARD

Elk Grove - Co: Sac - walk: Charlie Fowble Memorial (Y0997), start: McDonald's, 2733 Elk Grove Blvd, Elk Grove, CA 95758, POC: Brenda Dougherty (925) 864-4733, by SWS

Elk Grove - Co: Sac - 2 walks: East Elk Grove Rec Trail (Y1423) & Old Town (Y1775), start: Starbucks, 8868 Bond Rd, Suite 100, Elk Grove, CA 95624, POC: Paul Robb (916) 430-6649, by SWS

Elk Grove - Co: Sac - walk Elk Grove Creek Watershed (Y0785), start: Peet's Coffee & Tea, 8234 Laguna Blvd. Suite 100, Elk Grove, CA 95758, POC: Paul Robb (916) 430-6649 by SWS

Encino - Co: LA - walk Nature & Historic (Y0934), start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929, by PARD

Etna - Co: Sisk - walk - Historic (Y1121), start: Bob's Ranch House Restaurant, 585 Collier Way (Highway 3), Etna, CA 96027, POC: Catherine Wieder (530) 496-3407, by SWS

Eureka - Co: Hum- walk Old Town/Victorians (Y1061) start: North Coast Co-op, 25 4th St., Eureka, CA 95501, POC: Don or Sue Deal (707) 762-4148, by SCS

2019 Year Round & Seasonal Events Sponsored by California Clubs

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Fair Oaks - Co: Sac - walk Fair Oaks-Historic (Y1064) start: Fair Oaks Coffee House & Deli, 10223 Fair Oaks Blvd., Fair Oaks, CA 95628, POC: Marcia Maurer (916) 844-4673, by SWS

Folsom - Co: Sac - walk Historic (Y0165), & bike Humbug Willow Creek Tour (Y0884), start: Karen's Bakery & Café, 705 Gold Lake Dr, Ste # 340, Folsom, CA 95630, POC: Heidi Foster (916) 792-1720, by SWS

Galt - Co: Sac - walk (Y1303) start: McDonald's Hamburgers 324 Pine St, Galt, CA 95632, POC: Cathy Pauley (915) 479-1060, by DTT

Galt - Co: Sac - walk Cosumnes River Preserve (Y1314) start: McDonald's 2733 Elk Grove Blvd., Elk Grove, CA 95758, POC: Brenda Dougherty (925) 864-4733, by SWS

Gold River - Co: Sac - walk Jedediah Smith Memorial Trail (Y1793), start: Starbuck's 2095 Golden Centre Ln, Suite 10, Gold River, CA 95670, POC: Lois Will (916) 599-7152, by SWS

Healdsburg - Co: Son - walk Wine Country (Y0415) start: Adel's Restaurant, 198 Dry Creek Road, Healdsburg, CA 95448 POC: Marilyn Nasi (707) 486-8528, by SCS

Huntington Beach - Co: Orng - walk (Y0899), start: Albertson's Market, 7201 Yorktown Ave, Huntington Beach, CA 92648, POC: Tom & Marge Loppnow (714) 960-5339, by LDR

Ione - Co: Ama - walk (Y0606), start: Ione Plaza Market, 313 Preston Ave, Ione, CA 95640 POC: Don or Dianne Driever (209) 887-2807, by DTT

Jackson - Co: Ama - walk Historic Town (Y0255), start: Best Western Amador Inn, 200 So. Hwy 49, Jackson, CA 95642, POC: Wanda Martin (209) 565-7729, by DTT

Kirkwood - Co: Alp - seasonal walk 6/1/19 - 9/30/19 Lake Winnemucca (Y1844) start: remote registration - contact POC: Nancy Alex (916) 217-4903 or fanifarmer@sonic.net, by SWS

Laguna Beach - Co: Orng - walk (Y1651), start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929, by PARD

Laguna Niguel - Co: Orng -walk (Y1342), start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929, by PARD



**Walk
Laguna
Niguel to
find out
this lake's
original
name.**

Lincoln - Co: Pla - bike tour (Y0402), start: Starbuck's Coffee, 110 Ferrari Ranch Road, Lincoln, CA 95648, POC: Don Ratliff (916) 645-8280, by PP

Lodi - Co: SJ - walk (Y0170), start: McDonald's Hamburgers 200 West Lodi Ave, Lodi, CA 95240, POC: Tom Swift (209) 298-5829 by DTT

Lompoc - Co: SB - walk Santa Barbara County (Y0430), start: South Side Coffee Company, 105 So. H, Lompoc, CA 93436, POC: John Fletcher (805) 736-8531, by CCBB

Long Beach - Co: LA - walk Naples/Belmont Shore (Y1452) start: Gelson's, 6255 East 2nd St., Long Beach, CA 90803 POC: Mary Brooks (562) 421-0477, by LDR

Los Angeles - Co: LA - walk Bel Air, UCLA, Westwood & Marilyn (Y2043) start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929, by PARD

Los Angeles - Co: LA - walk Griffith Park Bridle Path (Y2138) start: web remote registration at my.ava.org, POC: Suzi Glass (408) 592-3935, by SBS

Los Angeles - Co: LA - walk Griffith Park Observatory (Y2250) start: web remote registration at my.ava.org, POC: Holly Pelking (408) 859-7978, by SBS

2019 Year Round & Seasonal Events Sponsored by California Clubs

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Los Gatos - Co: SCLar - walk Town (Y0074), start: Los Gatos Coffee Roasting Company, 101 W. Main St, Los Gatos, CA 95030 POC: Holly Pelking (408) 859-7978, by SBS

Los Olivos - Co: SB - walk Wine Country (Y2357) start: R Country Market in Los Olivos, 2948 Grand Ave., Los Olivos, CA 93441, POC: Ty Fredriks (805) 714-1552, by CCBB.

Monterey - Co: Mont - 2 walks - Historic (Y1261) & Peninsula/Lovers Point (Y1341), start: Lopez Taqueria & Liquor, 500 Del Monte Ave, Monterey, CA 93940, POC: Suzi Glass (408) 592-3935, by SBS

Morongo Valley - Co: SnBer - walk Big Morongo Canyon Preserve (Y0126), start: Big Morongo Canyon Preserve, 11055 E Drive, Morongo Valley, CA 92256 POC: Charlie Thorne (951) 780-3579, by LDR

Morro Bay - Co: SLO - walk (Y0664), start: La Serena Inn, 990 Morro Ave., Morro Bay, CA 93442, POC: John Fletcher (805) 736-8531, by CCBB

Murrieta - Co: Riv - walk Santa Rosa Plateau Ecological Preserve (Y2011), start: Baron's "The Marketplace", 32310 Clinton Keith Road, Wildomar, CA 92595, POC: Kathy Bundy (951) 218-3755, by LDR

Newport Beach - Co: Orng - 2 walks Balboa Is (Y0251) & Balboa Is Cross Channel View (Y1270), start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929, by PARD

Oakdale - Co: Stan - walk (Y0565), start: Motel 6, 825 East F Street, Oakdale, CA 95361, POC: Arlene Jones (209) 847-1477, by DTT

Oceanside - Co: SD - walk Mission San Luis Rey (Y2200) start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929, by PARD

Oceanside - Co: SD - walk Oceanside (Y1750), start: Oceanside Marina Inn, 2008 Harbor Drive North, Oceanside, CA 92054, POC: Jean Vik (951) 317-7860, by LDR

Palm Springs - Co: Riv - 2 walks Celebrity Walk (Y1887) & Park Trail (Y0724), start: Desert Regional Medical Center, 1150 No. Indian Canyon Dr, Palm Springs, CA 92262, POC: Sue Obradovitz (951) 735-0457, by LDR

Petaluma - Co: Son - walk -Historic Petaluma (Y0233), start: CVS Drug Store, 365 East Washington St., Petaluma, CA 94952, POC: Don & Sue Deal (707) 762-4148, by SCS

Pismo Beach - Co: SLO - boardwalk (Y1821), start: Pismo Lighthouse Suites, 2411 Price St, Pismo Beach, CA, 93449 POC: Ty Fredriks (805) 714-1552, by CCBB

Manteca - Co: SJ - walk (Y2024), start: Frank's Downtown Café, 162 Maple Ave., Manteca, CA 95336, POC: Judy Rosendin, (209) 239-2564, by DTT

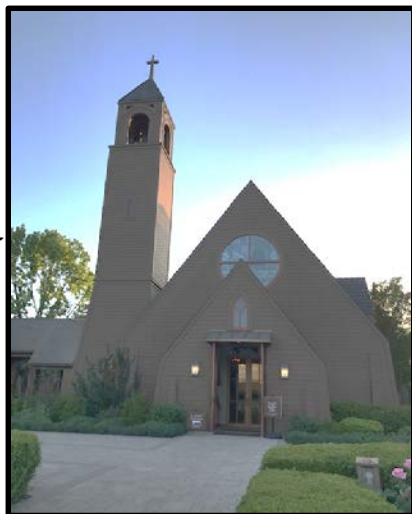
Marina Del Rey - Co: LA - walk Muscle Beach - (Y1255), start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929 by PARD.

Menifee - Co: Riv - 3 walks: Lakes (Y1212), Menifee Valley (Y1213), & Sun City Residential (Y0701) start: Best Value Inn, 27680 Encanto Dr, Sun City, CA 92586, POC: Bob Gebo (951) 924-2208, by LDR

Mill Valley - Co: Mrn - walk Mill Valley (Y0391) start: Mill Valley Community Center, 180 Camino Alto, Mill Valley, CA 94941, POC: Jill Simmons (707) 448-5148, by VVV

Mission Hills - Co: LA - walk San Fernando Mission (Y0908), start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929, by PARD

Modesto - Co: Stan - walk (Y0167), start: Starbucks, 800 Oakdale Rd, Modesto, CA 95355, POC: Jim & Diane Gomes (209) 815-6041, by DTT



Walk Los Olivos and find out what is unusual about this church's welcome sign.

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Pittsburg - Co: CC - walk (Y0947) start: Steeltown Coffee & Tea, 695 Railroad Ave., Pittsburg, CA 94665, POC: Craig and Jane Wirth, (935) 305-9055, by VVV

Placerville - Co: EID - walk Old Hangtown (Y0580) start: Buttercup Pantry, 222 Main Street, Placerville, CA 95667, POC: Bette Haskell (530) 647-2726, by PP

Port Hueneme - Co: Ven -walk Channel Islands (Y0828), start: CVS Pharmacy, 581 W. Channel Islands Blvd., Port Hueneme, CA 93041, POC: Ty Fredriks (805) 714-1552 by CCB

Poway - Co: SD - walk Poway Library (Y1295), start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929 by PARD

Rancho Cordova - Co: Sac - walk Lake Natoma (Y0855) & bike Lake Natoma tour (Y0036), start: Starbuck's Coffee 12195 Tributary Point Dr, Rancho Cordova, CA 95670, POC: Sue Hopper (916) 296-2289, by PP

Red Bluff - Co: Teh - walk Red Bluff Victorians (Y2022), start: Durango RV Resort, 100 Lake Ave., Red Bluff, CA 96080, POC: Debbie Thomas (530) 347-7422 by SSS.

Redding - Co: Sha - 3 walks Lema Ranch/Churn Creek Trail (Y0951), Riverwalk (Y1066) & Sundial Bridge (Y0705), start: LaQuinta Inn, 2180 Hilltop, Redding, CA 96002, POC: Cynthia Turbin (530) 949-2810, by SSS

Redlands - Co: SnBer - 3 walks Downtown (Y0584), Palms & Palaces (Y0187) & Westside (Y1837), start: Redlands Family YMCA, 500 E. Citrus Avenue, Redlands, CA 92373, POC: Art Line (951) 845-3732, by GVG

Redondo Beach - Co: LA - walk (Y0490) start: Carl's Jr., 701 N. Pacific Coast Highway, Redondo Beach, CA 90277, POC: Dottie Schwieger, (951) 505-9738 by LDR

Reno, NV - Co: Washoe - 2 walks Gene Averkin Memorial (Y0023) and UNR/San Rafael (Y0935), start: National Automobile Museum, 10 Lake Street South, Reno, NV, 89501, POC: Judy Gordon (775) 331-9296, by TTT

Riverside - Co: Riv - walk (Y1478), start: Riverside Community Hospital, 4445 Magnolia Ave, Riverside, CA 92501, POC: Sue Obradovitz (951) 735-0457, by LDR

Roseville - Co: Pla - 3 walks - Maidu Park (Y0560), Peggy Plummer Memorial (Y1241) & Sculpture Park (Y0266), start: remote registration contact POC: Judy Stroud (916) 773-9371 or email gone2walk@surewest.net by PP

Roseville - Co: Pla - bike - NW Roseville Tour (Y1239), start: remote registration contact POC: Don Rattliff, (916) 645-8280 or email drattliff1515@gmail.com by PP

Round Valley - Co: Alp - seasonal walk 6/1/19 - 10/31/19 walk Pacific Crest Trail (Y0983), start: web remote registration at my.ava.org, POC: Suzi Glass (408) 592-3935 by CVA

Sacramento - Co: Sac - walk American River (Y0990), start: Starbucks Coffee Co., 610 Watt Ave., Sacramento, CA 95864, POC: Beverly Bales, (916) 488-8570, by SWS

Sacramento - Co: Sac - bike American River Tour (Y0006) & Capitol Wayne Holloway Memorial Walk (Y0003), start: Sandman Hotel, 236 Jibboom St, Sacramento, CA 95814, POC: Nancy Alex (916) 217-4903, by CVA



Although every Californian has heard of Sutter's Fort—those on the Capitol walk can view it.

Sacramento - Co: Sac - walk - Arden Park (Y0558) & bike Sacramento-Arden Margaret Thornburg Memorial Tour (Y0607), start: Starbucks, Arden Plaza, 4301 Arden Way, Sacramento, CA 95864, POC: Myrna Jackson (916) 481-6714, by SWS

Sacramento - Co: Sac - 2 walks Ashton Park (Y1049) & Sierra Oaks Vista (Y0905), start: Starbucks Coffee Co., 610 Watt Ave, Sacramento, CA 95864, POC: Beverly Bales, (916) 488-8570, by SWS

Sacramento - Co: Sac - walk Campus Commons/Sierra Oaks (Y1767), start Starbucks Coffee Co., 458 Howe Ave, #B, Sacramento, CA, 95825 POC: Myrna Jackson (916) 481-6714, by SWS

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Sacramento - Co: Sac - 3 walks: Curtis Park (Y0968), Land Park (Y1039) & River & Miller Park (Y0938), start: Land Bark Pet Supplies, 3200 Riverside Blvd., Sacramento, CA, 95818, POC: Jane Graham (916) 446-8087, by SWS	San Diego - Co: SD - 2 walks Harbor Island & Recruit Ship (Y2188) and Recruit Ship (Y2189), start: web remote registration at my.ava.org , POC: Neil Cohen (818) 789-3929 by PARD
Sacramento - Co: Sac - 3 walks: Elmhurst to East Sac (Y1422), Midtown/East Sac (Y1873) & The "Fab 40's" (Y0583), start: CVS Pharmacy, 5039 Folsom Blvd., Sacramento, CA 95819, POC: Gail Samcoff (916) 429-8377, by SWS	San Diego - Co: SD - walk Mission De Alcala (Y2191) start: web remote registration at my.ava.org , POC: Neil Cohen (818) 789-3929 by PARD
Sacramento - Co: Sac - Hidden Murals walk (Y2337), start: Fleet Feet Sports, 2311 J St., Sacramento, CA 95816. POC: Rutherford Smith (530) 219-5610, by SWS	San Diego - Co: SD - walk Old Town (Y1426), start: Best Western Hacienda Hotel, 4041 Harney St., San Diego, CA 92110, POC: Jean Vik (951) 317-7860 by LDR
Sacramento - Co: Sac - bike: Natomas Flood Plain Tour (Y0767) & 2 walks North Natomas (Y2186) and South Natomas (Y0588) start: Natomas Bike Shop, 3291 Truxel Rd #30, Sacramento, CA 95833, POC: Joanne Jensen (916) 996-0401, by SWS	San Diego - Co: SD - walk Old Town & Mission Valley (Y2190) start: web remote registration at my.ava.org , POC: Neil Cohen (818) 789-3929 by PARD
Sacramento - Co: Sac - walk North Laguna Creek Wildlife Area (Y1043), start: 24 Hour Fitness, 8785 Center Parkway, Sacramento, CA 95823, POC: Bruce & Nancy Calkins (360) 970-6393, by SWS	San Francisco - Co: SF - walk SF High Lights (Y1479), start: San Francisco Maritime National Historical Park Visitors' Center, 499 Jefferson St., San Francisco, CA 94109, POC: P. Fife (916) 616-6003, by SFBB
Sacramento - Co: Sac - walk Pocket Area (Y0234) & bike Pocket Area Tour (Y1313), start: CVS Drugstore, 7465 Rush River Drive, #500, Sacramento, CA 95831, POC: Nancy Alex (916) 217-4903 by SWS	San Francisco - Co: SF - walk Lands End & Beyond (Y1943), start: Seal Rock Inn, 545 Point Lobos Av., San Francisco, CA 94121, POC: P. Fife (916) 616-6003 by SFBB
Sacramento - Co: Sac - bike Sacramento Riverfront Tour (Y0959), start: Sandman Hotel, 236 Jibboom St., Sacramento, CA 95814, POC: Nancy Alex (916) 217-4903 by CVA	San Francisco - Co: SF - walk: Presidio (Y1564), start: Presidio Visitors Center, 210 Lincoln Blvd., Main Post, Presidio of San Francisco, CA 94129, POC: P. Fife (916) 616-6003 by SFBB
Sacramento - Co: Sac - walk Sac State (Y1822) start: Starbucks Coffee Co., 1420 65th St., Sacramento, CA 95819, POC: Brenda Dougherty (925) 864-4733, by SWS	San Gabriel - Co: LA - walk San Gabriel Mission (Y2198) start: web remote registration at my.ava.org , POC: Neil Cohen (818) 789-3929 by PARD
San Clemente - Co: Orng - walk Beach & Pier (Y1060), start: web remote registration at my.ava.org , POC: Neil Cohen (818) 789-3929, by PARD	San Jose - Co: SCLar - walk Almaden Lake (Y2436), start: Almaden Lake Village Rental Office (closed Sundays), 1945 Coleman Rd., San Jose, CA 95123. POC: Suzi Glass (408) 592-3935 by SBS.
San Diego - Co: SD - walk 4S Ranch Library (Y2203), start: web remote registration at my.ava.org POC: Neil Cohen (818) 789-3929 by PARD	San Jose - Co: SCLar - walk Historical Downtown & University (Y0240), Temporary start: Campbell Inn, 675 East Campbell Ave., Campbell, CA 95008 POC: Philip Braverman (408) 287-1701, by SBS
San Diego - Co: SD - 2 walks: Harbor Island (Y1604), & Waterfront (Y0852), start: Wyndham Bayside Hotel, 1355 No. Harbor Dr, San Diego, CA 92101, POC: Jean Vik (951) 317-7860 by LDR	San Juan Capistrano - Co: Orng - walk Alternate Route: Veterans & Descanso Parks (Y2202) start: web remote registration at my.ava.org , POC: Neil Cohen (818) 789-3929 by PARD

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San Juan Capistrano - Co: Orng - walk (Y1886), start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929 by PARD

San Luis Obispo - Co: SLO - walk (Y0458), start: The Kinney SLO, 1800 Monterey Ave, San Luis Obispo, CA 93401, POC: John Fletcher (805) 736-8531, by CCBB

Santa Barbara - Co: SB - walk (Y0137), start: Harbor View Inn, 28 West Cabrillo Blvd., Santa Barbara, CA 93101, POC: John Fletcher (805) 736-8531, by CCBB

Santa Cruz - Co: SCruz - walk Natural Bridges (Y0328), start: Togo's Sandwich Shop, 902 Ocean St., Santa Cruz, CA 95060, POC: Holly Pelking (408) 259-5157, by SBS

Santa Monica - Co: LA - End of Route 66 walk (Y0834), start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929 by PARD

Santa Rosa - Co: Son - walk Believe It or Not! (Y2437), start: CVS Pharmacy 24 Hour, 2771 Fourth Street, Santa Rosa, CA 95405, POC: Marilyn Nasi (707) 486-8528, by SCS

Santa Rosa - Co: Son - 2 walks Luther Burbank Gardens (Y1100) & Prince Greenway/Historic Santa Rosa (Y0758), start: Lucky Market, 915 Village Ct, Santa Rosa, CA 95405, POC: Marilyn Nasi (707) 486-8528, by SCS

Sebastopol - Co: Son - walk near Santa Rosa (Y0793), start: The Sebastopol Inn, 6751 Sebastopol Ave behind Gravenstein Station, Sebastopol, CA 95472. POC: Marilyn Nasi (707) 486-8528, by SCS

Simi Valley - Co: Ven - Home of the Ronald Reagan Library walk (Y0846) start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929 by PARD

Solana Beach - Co: SD - walk Solana Beach Library (Y2196) start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929 by PARD

Solvang - Co: SB - walk (Y0428), start: Solvang Shoe Store, 1663 Copenhagen Dr., Solvang, CA 93463, POC: John Fletcher (805) 736-8531, by CCBB

Sonoma - Co: Son - walk (Y0752), start: Best Western/ Sonoma Valley Inn, 550 Second St West, Sonoma, CA 95476, POC: Marilyn Nasi (707) 486-8528, by SCS

South Pasadena - Co: LA - walk (Y1761), start: Lucha's Comfort Footware, 921 Fair Oaks, South Pasadena, 91030, POC: Joan Holzborn (805) 577-1576, by LDR

Spring Valley - Co: SD - walk Spring Valley Library (Y2194) start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929 by PARD

Squaw Valley - Olympic Valley Co: Pla - seasonal walk 5/1/19 - 11/30/19 - John Daegling Memorial (Y1785), start: The Village at Squaw Valley, 1750 Village East Road, Olympic Valley, CA 96146, POC: Diane Morrison, (509) 396-4171, by TTT

Squaw Valley - Shirley Canyon Co: Pla - seasonal walk 5/1/19 - 10/31/19 (Y2263) start: web remote registration at my.ava.org, POC: Suzi Glass (408) 592-3935 by PARD

Squaw Valley - Tahoma Co: Pla - seasonal walk 5/1/19 - 11/30/19 (Y2262) start: Tahoe House Bakery and Gourmet, 625 W. Lake, Tahoe City, CA 96145, POC: Marion Burrowes (530) 525-7756, by TTT

Stockton - Co: SJ - walk - Northwest Stockton - Trinity Parkway (Y0194), start: Panera Bread Restaurant, 10718 Trinity Parkway, Stockton, CA 95219, POC: Tom Swift (209) 298-5829, by DTT

Stockton - Co: SJ - walk Stockton San Joaquin County (Y1304), start: Mc Donald's Hamburgers, 4515 Pacific Ave, Stockton, CA 95207, POC: Joan Sykes (209) 931-0557, by DTT

Sutter Creek - Food & Antique - Co: Ama - walk (Y0103), start: Best Western Amador Inn, 200 So. Hwy 49, Jackson, CA 95642, POC: Wanda Martin (209) 565-7729, by DTT

Tahoe City - Lake Forest Co: Pla - seasonal walk 5/1/19 - 11/30/19 (Y0195), start: Tahoe House Bakery & Gourmet, 625 W. Lake Blvd, Tahoe City, CA, 96145, POC: Diane Morrison (509) 396-4171 by TTT

Tehachapi - Co: Kern - walk (Y0850), start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929 by PARD

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Truckee - Tony Steiner Memorial Co: Nev - seasonal walk 5/1/19 - 11/30/19 (Y1667), start: Hampton Inn & Suites Tahoe - Truckee, 11951 CA Highway 267, Truckee, CA 96161, POC: Jennie Gordon (916) 204-3839, by TTT

Union City - Co: Ala -walk Old Town (Y1248) start: Togo's Sandwich Shop (Union Landing Shopping Center) 32220 Dyer Street, Union City, CA 94587 POC: John Glass (408) 592-3866, by SBS

Vacaville - Co: Sol - 2 walks & bike, Historic (Y1586) & Joe Sutter/Jo Hefner Memorial Lagoon Valley (Y0331), bike South Recreational Trail Tour (Y1573), start: Diggers Deli, 876 Alamo Dr, Vacaville, CA 95688, POC: Jill & Bud Simmons (707) 448-5148, by VVV

Ventura - Co: Ven - walk Santa Cruz Island (Y0872), start: web remote registration at my.ava.org, POC: Ty Fredriks (805) 714-1552 by CCBB

Ventura - Co: Ven - Ventura City/Beach walk (Y0860), start: Vagabond Inn, 756 E. Thompson Blvd, Ventura, CA 93001, POC: John Fletcher (805) 736-8531, by CCBB

Vista - Co: SD - walk Vista Library (Y2187) start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929 by PARD

Weimar - Co: Pla - walk Lillian Webber Memorial (Y0854), start: Weimar Institute, 20601 W. Paoli Lane, Weimar, CA 95736, POC: Jan Jerabek (530) 367-5960, by PP

West Sacramento - Co: Yolo - walk Clarksburg Branch Line Trail (Y1515) start: Nugget Market, 2000 Town Center Plaza, West Sacramento, CA 95691, POC: Susan Martimo (916) 372-5098, by SWS

West Sacramento - Co: Yolo - walk River Walk (Y0545), start: La Bou Bakery & Café (closed Sundays), 849 Jefferson Blvd. #101, West Sacramento, CA 95691, POC: Susan Martimo (916) 372-5098, by SWS

Whitewater - Co: Riv - walk Pacific Crest Trail (Y0975), start: web remote registration at my.ava.org, POC: Jean Vik (951) 317-7860 by CVA

Whittier - Co: LA - walk Home Town (Y2047), start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929 by PARD

Windsor - Co: Son - walk (Y2419), start: CVA Pharmacy, 9030 Brooks Rd, So, Windsor, CA 95492, POC: Shirley Hightower (707) 696-0244, by SCS

Woodland - Historic - Co: Yolo - walk (Y0539), start: Nugget Market, 157 Main Street, Woodland, CA 95695, POC: Jim & Judy Tischer (530) 383-1370, by SWS

Yorba Linda - Co: Orng - walk (Y0735), start: remote registration. Contact POC Dottie Schwieger, (951) 505-9738 or HiDoWalk@aol.com, by LDR

Yosemite National Park- Co: Mrp - 2 seasonal walks 5/1/19 - 10/31/19 Clouds Rest (Y0734) & Half Dome (Y0765), start: web remote registration at my.ava.org, POC: Suzi Glass (408) 592-3935, by PARD

Yosemite National Park- Co: Mrp - walk Valley Floor (Y0727) start: web remote registration at my.ava.org, POC: Suzi Glass (408) 592-3935, by PARD

Zamora - Co: Yolo - walk Rural Yolo County (Y1429), start: Zamora Mini Mart, 9920 County Rd 99-W, Zamora, CA 95698, POC: Jim & Judy Tischer (530) 383-1370, by SWS

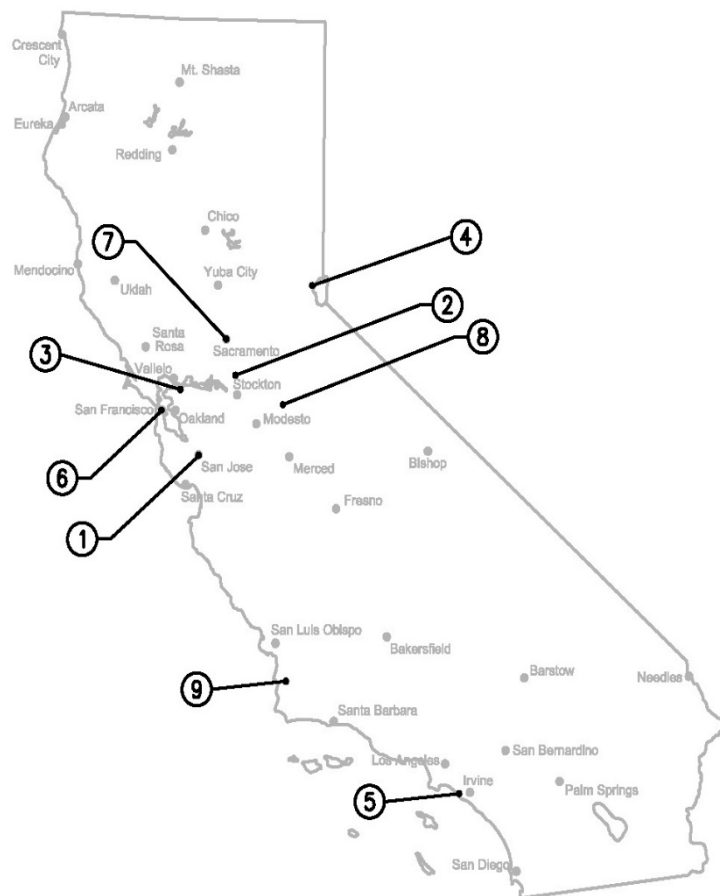
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2019 CVA Events in the Third Quarter

No.	Date(s)	Event	Club	Location	County
1	07/04/19	W	SBS	Rose, White & Blue 4th of July Parade, San Jose	SClar
2	07/13/19	W	DTT	Acampo - Lodi Wine Country	SJ
3	07/20/19	W	VVV	Martinez - walk	CC
4	07/27/19	W	TTT	Tahoe City - West Shore Lake Tahoe	Pla
5	08/10/19	W	LDR	Huntington Beach	LA
6	08/10/19	W	SFBB	San Francisco - Laguna Honda Hospital & Forest of Mt. Sutro	SF
	08/10/19		All	COMPASS articles due for the 2019, fourth quarter issue	
7	08/14 & 15/19	W	SWS	Sacramento - Ice Cream walk	Sac
	08/15/19		All	COMPASS subscription deadline for last issue in 2019	
8	09/07/19	W	DTT	Knight's Ferry Covered Bridge	Stan
9	09/28/19	W	CCBB	Orcutt - Chalk Festival	SB

CVA Event Locations



Map by Judy Gregory, SWS