

The *COMPASS*

A Publication of the *California Volkssport Association*

October *November* *December* *2019*



Friendly walkers enjoying the Mill Valley 10k
photo by Priscilla Fife



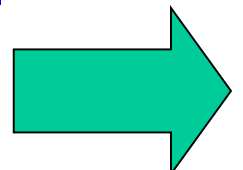
America's Walking Club



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CONTENTS, AVA & CLUB WEBSITES

CONTENTS	PAGES
Contents, AVA Officers, CA Club Websites	2
New Walkers: The COMPASS information	3
CA Club Contacts & CVA Officers	4
Message from the Prez	5
General Information	6
Subscribe to The COMPASS	7
Trail Ratings & Special Programs	8
Events: October, November & December	9
Looking Who's Walking	14
Pre-Registration form for Granite Bay	15
Save the Date CVA Convention & Around the Pacific Region	18
Year Rounds	19
Upcoming CVA Events & Map	28

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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

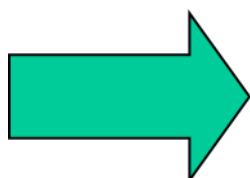
May 10 for July, August & September

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





Starting to Walk? 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 15 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
CCBB: Central Coast Beach Boardwalkers Ty Fredriks (805) 937-3800 847 Blake Street, Santa Maria, CA 93455-4956 ty@beachboardwalkers.org	SCS: Sonoma County Stompers Marilyn Nasi 707-539-8083 110 Valley Lakes Drive Santa Rosa, CA 95409 mbnasi91@comcast.net	Vice President, North Nancy Alex 916-217-4903 803 Crestwater Lane Sacramento, CA 95831-1108 fanifarmer@sonic.net
DD: Davis Dynamos Jo Ann Pelz 530-756-2315 1131 Alice Street Davis, CA 95616 djpelz@gmail.com	SFBB: San Francisco Bay Bandits Priscilla Fife 916-616-6003 2241 Pacific Ave. #B, Alameda, CA 94501 sfbaybandits@aol.com	Vice President, Central John Glass 408-592-3866 5562 Vassar Drive San Jose, CA 95118 VP-Central@CVA4u.org
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COMPASS SUBSCRIPTION DEADLINES 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 2020 Subscribe by August 15th the final issue in 2020.		Mailing List, Donations & COMPASS Subscriptions Jean Lucas 530-756-4919 2423 Regis Drive, Davis, CA 95618-2543 compass@cva4u.org

Message from the Prez, Betsy McDevitt

Hi Folks,

Thank you for renewing your YREs and Seasonal Events for 2020 in a timely fashion! You made it easier for me to get them all approved. I look forward to choosing which ones to walk from the 2020 Starting Point!

Judy Gregory, CVA Webmaster, is setting up our new website. Go check it out at: www.cva4u.org
After I've approved your event brochures, please remember to send them to Judy at:

jgregory122@yahoo.com

Then she can post them on our website!



We will hold CVA officer elections at our 2020 Convention Meeting.

Please think about running for office to help our organization. The nominating committee may approach you to run. Please say yes! The offices are: President, V.P. North, V.P. Central, V.P. South, Secretary, and Treasurer. The current State Executive Council (SEC) will have served one 2-year term by next May, 2020. Kathy Bundy, V.P. South, will have completed 3 terms. Thanks for stepping up!

AVA is following REI's lead in encouraging people to #OptOutside on Friday, November 29. I think that this is the fourth year that AVA has promoted our sport on Black Friday. Hopefully your club can join others by choosing a YRE to walk, or even sponsor a Traditional Event on that Friday!

The Shasta Sundial Strollers are hosting our 2020 CVA Convention in Mt. Shasta City on May 1, 2, & 3. Please read their "Save the Date" article elsewhere in this issue of The Compass. I was in Mt. Shasta City in June, and it will be a beautiful setting for our Convention!

Unfortunately, we have lost 2 clubs., The South Bay Roadrunners, led by Herman Husbands, has folded after 24 years of existence. The Laguna Turf 'N Surf Walkers, led by Sherry Colvin, was a 23-year-old club. I am sorry to see them go. Thank you Herm & Sherry! Please support your own club and other clubs!

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.



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THE COMPASS



The Compass is a quarterly publication published by the California Volkssport Association with 4 issues a year. Subscriptions are on a calendar year basis. If you sign up during the year, your subscription fee is prorated (see chart). Please fill in the information below:

Name: _____

Address: _____

City: _____

State & Zip +4: _____

Phone: _____

Club Name: _____

Email: _____

Please check: _____ New _____ Renew _____ Address Change



Please make your check for the suggested donation payable to The California Volkssport Association (CVA).

Subscribe by:	Amount Due:
November 15 th (for next year's 4 issues)	\$15.00
February 15 th (for 3 of this year's issues)	\$11.25
May 15 th (for 2 of this year's issues)	\$7.50
August 15 th (for 1 of this year's issues)	\$3.75

Please send your completed form and check, payable to CVA, to:

COMPASS Subscriptions
 Jean Lucas
 2423 Regis Drive
 Davis, CA 95618-2543

Thank You!

See You On The Trails...

Questions: Call Jean Lucas at 530-756-4919 or email her at compass@cva4u.org

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.

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 Special Program Listings, using the abbreviations below.

2019 Special Event Programs

Abbrev.	Name of Program	Ends
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.



California Volkssport Association – Walking in California

COMING SOON!!

We have a new CVA website coming soon. Chris Zegelin, former webmaster of our California Volkssport Association website (cva4u.org), is finalizing his transfer of the Online Start Box to the new AVA site, MyAVA, and archiving the existing site. Once this is completed, we will be moving the above website to the existing location. It has been a long process since I volunteered to be the new webmaster in January. The switchover took longer than expected but we hope to have the new website up and running end of September or early October. We hope you will like it and will be updating it frequently.

Stay tuned.....Judy Gregory, CVA Webmaster

Woodrow Stick (Woody to his friends) is overwhelmed with joy at how well his special program is progressing. The goal is to bring together California clubs both near and far, and have fun doing so along the way.

In two short months, the Walking with Woody program surpassed its first printing. We currently represent twenty-two cities throughout CA and NV and ten clubs have united to walk YRE's and even overnight adventures for Traditional & Friendship walks. All for the sake of collecting a new city.

So, what cities would you travel to in order to spell S.A.C.R.A.M.E.N.T.O. W.A.L.K.I.N.G. S.T.I.C.K.S.?

Books can be purchased for \$10.00. We would like to know your name, home and email addresses and your telephone number. Please include a check or money order made payable to SWS to:

Tammi Kerch
Attn: Sacramento Walking Sticks
2333 Coffeeberry Road
West Sacramento, CA 95691-4558



Walk Granite Bay, CA

October 5, 2019



SANCTION #PA19/114245

SPONSOR: Placer Pacers

START LOCATION: Subway Sandwiches, 8789 Auburn Folsom Rd, Granite Bay, CA 95746

START: 8:30am to 12 noon **FINISH by** 3pm

DISTANCE: 10K (6.2 miles) with 5K option

TRAIL RATING: This route is **rated a 2B** on paved roads & dirt trails through neighborhoods & along Folsom Lake. Dogs welcome on leash with cleanup. Jogging strollers recommended. Medium difficulty for wheelchairs.

AWARD: The National Volkssport Month patch, a 3" patch similar to the one shown at the top. Only 20 awards were ordered, with no reorder.

FEES: Award and credit is \$6.50 if pre-registered by Oct. 1, 2019. Award and credit at the event is \$7. You may walk for credit only for \$3. You may walk for free, if no credit desired. You may pre-register by mailing check made out to Placer Pacers to: Betsy McDevitt, 371 Cuckoo Ct, Applegate, CA 95703

SPECIAL PROGRAMS: WwW "G"

MISCELLANEOUS: Water and restrooms at the start/finish only.

FURTHER INFORMATION: Don Ratliff (916) 645-8280 or dratliff1515@gmail.com

DIRECTIONS: From I-80 to Roseville: Turn off I-80 at exit 103A Douglas Blvd East. Continue 5.5 miles on Douglas Blvd. Turn right on Auburn Folsom Rd. Shortly turn left into Granite Bay Village Shopping Center near Dutch Bros Coffee & Ace Hardware. Park away from the shops.

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Central Coast Beach Boardwalkers present

Active Aging Week Volksmarch

with SM Rec & Parks

October 5, 2019

Start: Preisker Park

330 Hidden Pines Way, Santa Maria, CA 93458

Sanction #PA19/113699

Start: Registration 8-11 am; Finish by 2 pm

Distances: 5k and 10k Rating: 1A

Description: The CCBB is partnering with the City of Santa Maria to promote a life-long commitment to staying active! Come experience Santa Maria Style Volksmarching and receive the first-ever CCBB A-Award! Enjoy a stroll around a beautiful park, a nice neighborhood, and an out-and-back along the Santa Maria levee! Plus, all participants receive a 40% discount at nearby Boomers Amusement Center!

Advance registration at: www.cityofsantamaria.org/register

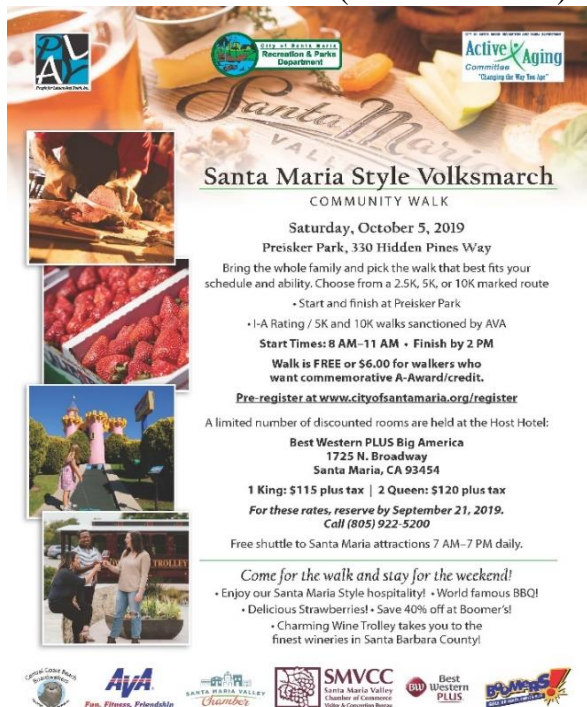
Awards & Fees: A Award/credit \$6; Credit \$3; Free

Special Programs: CP, PR, WwW

Miscellaneous: Restrooms and water at start/finish and along the trail. Strollers and wheelchairs ok on 5K. Dogs OK on leash with clean-up.

Directions: From the South: Highway 101 North to exit #173 Broadway/CA 135. Loop around on Broadway to first light (Preisker Lane). Right on Presiker Ln for 0.5 mile, then left on Hidden Pines to park entrance. Park in spots at entrance, and registration table is up to the right. From the North: Highway 101 South. Exit ##173 Broadway/CA 135. Follow off-ramp to the right to Preisker Lane stoplight, then follow directions above.

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



Santa Maria Style Volksmarch
COMMUNITY WALK
Saturday, October 5, 2019
Preisker Park, 330 Hidden Pines Way

Bring the whole family and pick the walk that best fits your schedule and ability. Choose from a 2.5K, 5K, or 10K marked route.

- Start and finish at Preisker Park
- I-A Rating / 5K and 10K walks sanctioned by AVA
- Start Times: 8 AM - 11 AM • Finish by 2 PM
- Walk is FREE or \$6.00 for walkers who want commemorative A-Award/credit.

Pre-register at www.cityofsantamaria.org/register

A limited number of discounted rooms are held at the Host Hotel:
Best Western PLUS Big America
1725 N. Broadway
Santa Maria, CA 93454

1 Kings: \$115 plus tax | 2 Queens: \$120 plus tax
For these rates, reserve by September 21, 2019.
Call (805) 922-5200

Free shuttle to Santa Maria attractions 7 AM-7 PM daily.

Come for the walk and stay for the weekend!

- Enjoy our Santa Maria Style hospitality!
- World famous BBQ!
- Delicious Strawberries! • Save 40% off at Boomer's!
- Charming Wine Trolley takes you to the finest wineries in Santa Barbara County!

Logos: Central Coast Beach Boardwalkers, AVA, Santa Maria Valley Chamber of Commerce, SMVCC, Best Western PLUS, Boomers.

Friends & Olives Walk

Ontario CA

October 5, 2019

One Day Only

Sanction #PA19/114087

Sponsored by the

Low Desert Roadrunners

5K/10K Volkswalks in Ontario, CA



Location & Times: Graber Olive House

(In business since 1894)

315 E. 4th St. Ontario, CA 91764

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

This event will be held regardless of weather.

Trail Description: Rated 1A. Starting at the Olive House (tours are available), walk through a lovely residential area. Points of interest include a WCTU fountain built in 1908 & a Mule Car Monument. Event is suitable for wheelchairs & strollers. Leashed pets are okay with clean-up.

Miscellaneous: Restrooms at the start after 9:15am. Restrooms available along the route. Water at the start point. Serene picnic area.

Special Programs: USA - A-Z, WF, WwW "O".

Award & Fees: AVA/IVV Credit & Award (as shown above) \$6.50, credit only \$3 or Free for no credit. Donations gratefully accepted.

Special Eligibility: Persons with a walking disability may walk a shorter distance for credit.

Contact: Sue Obradovitz
951-333-6806 or email Osuejoe2@aol.com
Website: www.lowdesertroadrunners.org

Directions: From I-10 East or West, exit at Euclid, Turn South to 4th St. Turn left on 4th. Graber Olive House 1 ½ blocks on the left. Street parking only.



Walking the Delta Town of Isleton October 12, 2019

www.SacramentoWalkingSticks.org

SANCTION: #PA19/114989

SPONSOR: Sacramento Walking Sticks

LOCATION: Isleton Public Library
412 Union Street, Isleton, CA 95641

START: 9:00 am – noon **FINISH:** 3:00 pm

DISTANCES: 5K, 10K **TRAIL RATING:** 1A

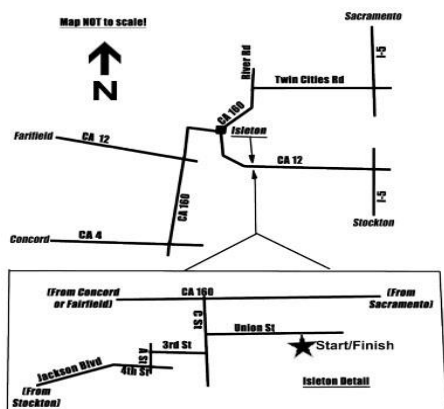
SPECIAL PROGRAMS: CP, P.O, PC, St x St, WwW

FEE: \$3 credit & Non-IVV, New Walkers Free

TRAIL DESCRIPTION: Water at the start and restrooms nearby. Okay for wheelchairs and strollers. Leashed pets with clean-up welcome. Isleton was once called the Paris of the Delta and was founded in 1874. The Sacramento Walking Sticks invite you to take a drive on the river road in the delta to find and explore Isleton on a fall day in 2019. Learn its history by seeing its sites and then dining at one of its many different eating establishments.

CONTACT: Barbara Nuss 916.217.9092
president@SacramentoWalkingSticks.org
PO Box 277303, Sacramento, CA 95827

DIRECTIONS: **From Sacramento:** Take I-5 south to Exit 498 – Twin Cities Rd. Turn right, go 4.2 mi. Left onto River Rd. which becomes CA 160. 9.4 mi past Walnut Grove, left onto C St., left onto Union St. Library on the right. **From Fairfield:** Take CA 12 east to CA 160. Left onto CA 160 / River Rd. Right on C St. Left on Union St., Library on the right. **From Stockton:** Take I-5 north to Exit 485, left on CA 12. In 10.7 miles, slight right onto Terminus Rd. In 2.1 miles right on Jackson Slough Rd, which becomes Jackson Blvd and 4th Street. Left on A St. Right on 3rd St. Left on C St. Right on Union St. Library on the right. **From Concord:** Take CA 4 east to Exit 30, CA 160. Exit CA 4 toward Rio Vista. In 17.6 miles, right on C St. Left on Union St. Library is on the right.



Strolling Solano Avenue Albany to Berkeley

5 K and 10 K Walk

Saturday, October 19, 2019

Sanction #PA19/114152

Sponsor: San Francisco Bay Bandits, AVA 204

Location: Tay Tah Cafe

1182 Solano Ave, Albany, CA 94706

Start: 9:00 am to 12:00 pm **Finish by:** 3:00 pm

Distance and Trail Rating: 5K – 1A:

Appropriate for wheelchairs and strollers, about 800 ft elevation gain. **10K – 3B:** Some significant stair climbing, not suitable for wheelchairs and strollers. Pets okay on leash with clean-up.

Description: Explore this 'United Nations' neighborhood with unique shops and restaurants representing many countries. 10K goes to 'Gourmet Ghetto', UC Berkeley, and Indian Rock.

Miscellaneous: Restrooms at start, libraries and businesses along the way. Water should be carried. Breakfast, lunch and ice cream treats are sold at Tay Tah Café.

Fees: \$3.00 Credit & Non-IV. New Walkers free.

Special Programs: CP, IC, LFL, PO, PR, WwW "A".
10K only: Br, Inv, WF

Directions: **From I-80 W**, Exit 13 toward Albany. Left on Cleveland Ave. 2nd left on Solano Ave. **From 880 N**, merge onto I-80 E/580W, Exit 46 B toward San Rafael/Sacramento. Exit 13A Buchanan St. Right at stoplight onto Buchanan. 1st left onto Pierce. Right on Solano Ave. **From I-80 E**, Exit 13 A Buchanan St. Right at stoplight onto Buchanan. 1st left onto Pierce. Right on Solano Ave.

Best Parking: From Solano Ave driving East, turn Left on Stannage Ave or Cornell Ave, then proceed 1 block crossing Washington. Look for curbside parking in this residential neighborhood.

Contact: Pat Thomas

(925) 405-7398 (cell) or email concordpat@yahoo.co

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The Central Coast Beach Boardwalkers present:

Scarecrows & Oktoberfest

(with a little coastline thrown in for good measure :)

Spend a Weekend In Beautiful and Quaint Cambria

**5K/10K Village Walk with Scarecrow Scavenger Hunt and
Oktoberfest Celebration on Saturday, October 19**

10K Nature Walk on river trails & Moonstone Beach Boardwalk, on Sunday, Oct 20

Sanction Numbers: Sat: #PA19/115235 Sun: #PA19/112185 Additional sponsor: Cambria Scarecrow Festival

Start Location: The Bluebird Inn, 1880 Main St, Cambria, 93428.

Start/Finish Times: Saturday 5k/10k Start 8:00 a.m.- noon / Finish by 3:00 p.m.

Sunday 10k Walk Start 8:00 - 11:00 a.m. / Finish by 2:00 p.m.

Trail Ratings: Sat 5k:1A, 10k:2A. Sun 5k:1B, 10k:1B with 1A alternate

Special Programs (Sat): IC, P.O., PR, WwW. **(Sun):** Br, BW, CP, PR, WwW



Routes Descriptions: Our Saturday walk sends you on a Scarecrow Adventure, with some German frolicking along the way! View over 100 life-sized scarecrows representing movie stars, historical figures, even cavemen and dinosaurs! The first 60 walkers to fill out our simple Scavenger Hunt form will receive a fun, commemorative surprise :-). This walk also ties in with the annual Cambria Oktoberfest Celebration, with good food, drink, and activities right on the Volksmarch route. Our 10K walk also takes you to local highlights Nit Wit Ridge, a house built from “garbage”, and the Old Santa Rosa Chapel, the oldest non-mission church in SLO County.

Our Sunday walk gifts you with a whole different view of Cambria. Walk out and back along the famous Moonstone Beach Boardwalk, enjoying a whole new view each way. Then enjoy a tree-shrouded path along Santa Rosa Creek as you meander back to our start point....views of coastal flora and fauna should abound!

The paved 5K city walk route is okay for strollers and wheelchairs, but not recommended for the 10K walk, due to steep hills. River Walk path not suitable for wheelchairs. Alternate Moonstone Beach Walk available. Dogs ok everywhere (with leash and cleanup) but Santa Rosa Chapel. Restrooms and water available on routes. Off-leash dog park near hotel.

Award: The first 60 walkers to turn in a completed Scarecrow Scavenger Hunt Form will receive a surprise gift commemorating the Scarecrow Theme at no additional cost!

Pre-registration: An evening no-host dinner will be held for up to 30 walkers at Linn’s Restaurant. Please sign up on this Google Form by Oct 15 so we may give staff an approximate head-count: <http://bit.ly/CambriaWalkDinner>

Fees & Miscellaneous: Credit is \$3.00 per event or you may walk for free if no credit is desired. Oktoberfest Celebration is free, with refreshments and souvenirs available for purchase. Special discounted room rate available at the Bluebird Inn. Limited pet-friendly room availability; call 805-927-4632 and tell Missy you are with the walking club.

Driving Directions: The Bluebird Inn, 1880 Main St, Cambria, CA 93428. From the North: Highway 101 South to 46 West (exit 228) to Highway 1 North. Exit right onto Main St and follow around for 1.8 miles to destination on the left. From the South: Highway 101 North. Exit 203B to CA-1 North. Follow exit around to turn right onto Santa Rosa/CA-1. Follow Highway 1 for 32 miles to Main Street exit. Follow around for 1.8 miles to destination on the left.

Additional Information: Call or email the POC Ty Fredriks at 805-714-1552 or ty@beachboardwalkers.org Lodging/Camping resources can be found at <http://www.cambriachamber.org/lodging.php>



THE DELTA TULE TREKKERS

Invite you to a *Spooky Walk*

October 26 & 27, 2019

Caswell Memorial State Park
28000 Austin Rd., Ripon, CA 95366
Sanction #PA19/115023

Start Time: 8:00 –12:00 noon **Finish by** 3:00 p.m.
Distance: 10K, 5K **Trail Rating:** 10K 1B and 5K 1A

Fee: Credit only \$3; Free walkers welcome, if no credit.
Special Programs: Co: Stan, WwW

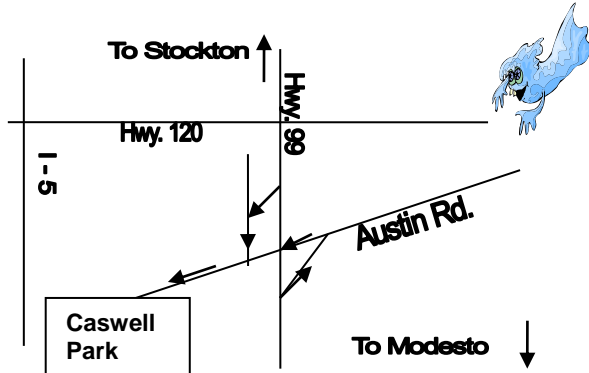
Description: A Halloween weekend walk through a forest of old oak trees, hanging vines, and wild grapes along dirt & paved trails. Beware - - ghosts, & goblins may be lurking along the trails. Wear your favorite costume. A contest will be held on Saturday after lunch with prizes for the best. A barbecue will be held on both days from noon to 2 p.m. (donation.)

There is a park entrance fee. Carpooling advised. Camping is available in the park. The entrance fee is included in the camping fee. Campground reservations not necessary at this time of year.

Miscellaneous: 5K walk recommended for wheelchairs and strollers. Water and restrooms available at the start and along the trail. Dogs allowed at campsites on leash, but not on park trails.

Additional Information: Contact Joan Sykes 209-931-0557, or the club website deltatuletrekkers.org

Directions: **Southbound**, follow Hwy 99 approximately 14 miles south of Stockton to Exit #240, Austin Rd. Exit and turn left on the frontage road to Austin Rd. Right on Austin Rd., over the railroad tracks and follow Austin Rd. six miles to the Park entrance. At entrance, go straight ahead to the Big Meadows Picnic area, 2nd driveway on your left. **Northbound**, take Exit #240, turn left on Austin Rd., over the railroad tracks six miles to Park entrance.



In Riverside, CA

Sanction #PA19/115021

Walk 5km or 10km with the

Low Desert Roadrunners

Saturday, November 2, 2019

Start: Ryan Bonaminio Park,
5000 Tequesquite Ave.

Riverside, CA 92506

Registration: 8:00am to noon.

Finish by 2pm

Description: Trail rating is 1A.

Walk begins at park, continues past a graveyard and through historic downtown Riverside which will be celebrating Day of the Dead, beginning at 1:00pm. Restrooms and water at the start. Leashed pets welcome. Route ok for strollers and wheelchairs.

Miscellaneous: Zombie costumes are encouraged but the living walkers are welcome also.

Special Programs: Co: Riv, CP, WwW

Fee: \$3.00 credit. New walkers free. Donations welcome.

Contact: Gary or Maureen Carlson

mwoodchem@yahoo.com or

(909)2275319

Event website: lowdesertroadrunners.org

Driving to the start: 5000 Tequesquite Ave Riverside, 92506. 91 Fwy East toward Riverside Take exit 63- turn left onto 14th St. Turn left onto Palm Ave. Turn Right onto Tequesquite Ave. Park will be on the left. Look for the AVA sign

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Walk the *EL DORADO TRAIL*

with the *PLACER PACERS*

One Day Only

SATURDAY, NOVEMBER 9, 2019

Sanction # PA19/114675

START LOCATION; Hangtown Grange
2020 Smith Flat Rd., Placerville CA 95667

REGISTRATION: 9:00AM-12:00PM **FINISH:** 3:00PM

DISTANCES & TRAIL RATINGS: Both **5K** and **10K**
routes are **rated 1A**. A very **SLIGHT**, easy, constant up grade.

TRAIL DESCRIPTION: This is an out and back walk, along the El Dorado Trail, the old Southern Pacific –Michigan-California railroad bed. Walk through the lovely foothills of Placerville and Camino. There are many benches along the recreation trail where you can stop and enjoy the views of hills, vineyards & meadows. Fall colors abound!

MISCELLANEOUS: Water & restrooms at the start.
Wheelchairs no. Difficult for strollers. Leashed pets okay with cleanup.

FEES: \$3 for AVA credit. Free walkers are welcome

SPECIAL PROGRAMS: Co: EID, USA A-Z

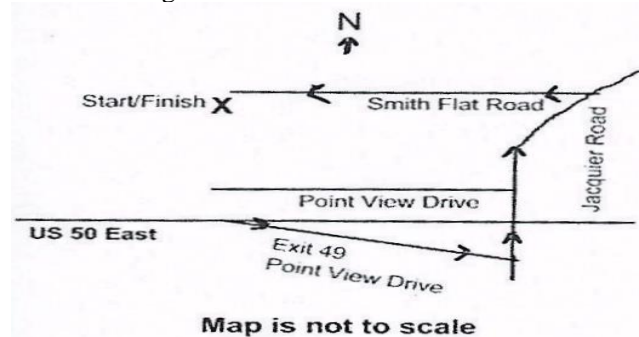
AFTER THE WALK DRIVE 2 MILES TO APPLE HILL

For goodies, cider, the craft fair and more!

CONTACT: Bette Haskell (530) 647-2726

Email : mtnlife2@sbcglobal.net

DIRECTIONS: From Sacramento, take Highway 50 East. Exit at Point View Drive ~ EXIT 49. Turn **LEFT** onto Jacquier Road then **LEFT** onto Smith Flat Rd. Follow to Hangtown Grange, 2020 Smith Flat Rd. on the left. Look for our AVA/Walk signs.



LOOK WHO'S WALKING!

The September issue of *The American Wanderer* listed the Californians below as achieving new levels in Events. When you meet them at events, be sure to acknowledge their achievements. Then send in **your** books!

Name	Events
Corwin Brown	50 Events
Tammi Kerch	50 Events
April Stilson	50 Events
Ginger Fredriks	75 Events
Ty Fredriks	75 Events
Heather Neidenbach	100 Events
Christine Williams	100 Events
Parul Purohit	125 Events
Connie Erdman	200 Events
Bob Gley	400 Events
Beverly Bales	450 Events
Craig Wirth	475 Events
Jane Wirth	475 Events
Tom Swift	800 Events
John Glass	950 Events
Jan Jerabek	1,300 Events
Suzi Glass	1,450 Events
James Guido	1,550 Events
Barbara Nuss	1,700 Events
Jill Simmons	2,700 Events
Bob Gebo	3,400 Events
Kathleen Engelhardt	4,000 Events

REMINDER: 11/10 - Deadline for 1st Q 2020 COMPASS Articles



LOOK WHO'S WALKING!

The September issue of *The American Wanderer* listed the Californians below as achieving new Distances. When you meet them at events, be sure to acknowledge their achievements. Then send in **your** books!

Name	Distance
Robin Innes	500 KM
Ginger Fredriks	1,000 KM
Ty Fredriks	1,000 KM
Christine Williams	1,000 KM
Connie Erdman	2,000 KM
Phyllis Wichelns	2,000 KM
Beverly Bales	3,500 KM
Shirley Hightower	5,000 KM
Tom Swift	7,500 KM
Jan Jerabek	13,000 KM
Suzi Glass	16,000 KM
James Guido	17,000 KM
Holly Pelking	21,000 KM
Kathleen Engelhardt	40,000 KM

WALK PRE-REGISTRATION FORM For Granite Bay				
Name:				
Address:				
City		State		Zip
Phone: () -				
Email:				
Event: Granite Bay				
Walk:				
Award:				
Total:				

*** DEADLINE: 11/15 - SUBSCRIBE TO THE COMPASS for the full year in 2020 ***

walk
NOVATO, CA
November 23, 2019



5K and 10K Walks
Sanction #PA19/114955

Sponsor: Sonoma County Stompers

Start Point: Safeway Food & Drug
5800 Nave Dr., Novato, CA 94949

Start Time: 9AM to 1PM **Finish:** by 4PM

Trail: Rated 1B Walk neighborhood sidewalks and paved trails through the historic remains of Hamilton Air Force Base. See the transformation of a closed military base once known as 'The Country Club' and through a modern urban development. Portion of 10K route is the Bay Area Trail. There is an excellent museum at about the 6K mark. The 10K route would be very difficult for strollers and wheelchairs. 5K walk would be OK. Pets are allowed on leash with pick up.

Special Programs: WwW "N"

Award: B awards will be available.

Fees: \$3.00 for AVA Credit. Anyone may walk for no credit or free. Donations accepted.

Miscellaneous: Water and restrooms are available at the start/finish. Parking is available at the start.

Directions: From South go North on 101. Exit onto Ignacio Blvd/Bel Marin Keys Turn RIGHT onto Nave Dr. Go about 0.1 mile. Start point on the LEFT. Please park at rear of parking lot near the railroad tracks. **From Sacramento/Vallejo take Hwy 37 to Hwy 101.** Go South toward SF on 101. Exit onto Bel Marin Keys Blvd/Hamilton Field, stay on Left side of exit, loop under the overpass, crossover 101. Take first RIGHT immediately after crossing 101 onto Nave Dr. Start point is on LEFT in 0.2 mile. Please park in rear of parking lot.

Contact: Don Deal at 707.762.4148
Day of Walk 707.486.8528 (cell)
www.SonomaCountyStompers.org

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The South Bay Striders invite you to walk
Day and Evening in Pacific Grove & Monterey
Saturday, December 14, 2019

Sanction #PA19/115557

REGISTRATION: Dennis the Menace Playground
 El Estero Park, 777 Pearl Street, Monterey, CA 93940
START: 1:00 to 5:00pm FINISH by 9:00pm stamp & go
DISTANCES: 5k/10k TRAIL RATED 1B-uneven walkways.
FEE: \$3 for credit and non-IVV; new walkers Free.

#OptOutside started in 2015 when REI closed all their stores on the day after Thanksgiving (often called "Black Friday"), paid their 1200+ employees and told them to get outside with their friends and families. The response was so overwhelming, REI has repeated the event every year since. AVA has partnered with REI in this effort. Local clubs use one of their Year Round Events to walk outdoors as a group. On November 29, 2019, the following clubs will be on the trail along with REI employees.

Club	YRE #	Event Name
LDR	Y2011	Murrieta -Santa Rosa Plateau
Start	Contact	
8:00am	Kathy Bundy	951.218.3755
Club	YRE #	Event Name
LVHRS	Y1809	Boulder City - Lake Mead, NV
Start	Contact	
8:45am	Brenda Harris	702.845.1550
Club	YRE #	Event Name
SagSun St	Y1726	White Tank Mtn, Surprise, AZ
Start	Contact	
9:15am	Loralie Cruz	206.909.3944
Club	YRE #	Event Name
SBS	Y0853	Campbell - Los Gatos Creek
Start	Contact	
9:00am	Holly Pelking	408.859.7978
Club	YRE #	Event Name
SWS	Y1049	Sacramento - Ashton Park
Start	Contact	
9 at park	Beverly Bales	916.488.8570
Club	YRE #	Event Name
TTT	Y1785	Squaw Valley - Olympic Valley
Start	Contact	
11:00am	Betsy McDevitt	530.412.4453

Pacific Grove: remote start, directions given at park. Pacific Grove is a charming seaside town sporting the Point Pinos Lighthouse, free-ranging deer, a Monarch Butterfly sanctuary, interesting eateries, and lovely coastline. Walk the new 5k route and grab dinner. Return to Monterey, get your Adobe ticket at the Custom House and be ready by 5:00pm to begin Christmas in the Adobes (5:00pm to 9:00pm).

Details: Water and restrooms at registration and along the route. Medium for strollers & wheelchairs, pets okay on leash with cleanup but cannot enter the sanctuary.

Special Programs: Co: Mont, CP, LFL, PR.

Monterey: *Christmas in the Adobes* is Monterey's annual step back into the time of Spanish and early American history when Monterey was a bustling city and thriving port. A ticket (purchased/reserved ahead of time by calling the Monterey State Historic Park Custom House 831.649.7111*) allows you entry into more than 20 of the 19th century adobes decorated for the holidays, lit by luminaria, staffed by docents in period clothing and offering knowledge, music and refreshments.

*Tickets go on sale in mid-October, previously \$25/person.

Details: Water and restrooms at registration and on route. Medium for strollers & wheelchairs, pets okay on leash with cleanup, but cannot enter some buildings. Flashlight and warm clothing recommended.

Special Programs: Br, Co: Mont, CP, PC, TH, WF, WwW.

CONTACT: Chris Zegelin 408.529.9724, chris@zegelin.com

Directions to Registration: *North* on Highway 1, take the Aguajito Rd exit South. *South* on Highway 1, take the Monterey exit. *Both:* Follow signs for the Naval Post-graduate School. Turn Right onto Camino Aguajito, then Left onto Pearl St. Park is on your Right after the bleachers.



Sacramento Walking Sticks
New Year's Eve and Day Walks
Sacramento, CA

Tuesday, 12/31/2019
Sanction #PA19/114916
Wednesday 01/01/2020
Sanction #PA20/114917



Start Location: Pioneer Congregational United Church of Christ, 2700 L St,
Sacramento CA 95816

Start Time: 5:00 pm to 6:00 pm (NY's Eve) & 9:00 am to 12:00 Noon (NY's Day)

Finish Time: 9:00 pm (NY's Eve) & 3:00 pm (NY's Day)

Trail Description: 1A rating on all routes. There will be different 5K (3.1 miles) and 10K (6.2 miles) routes both days. We are back at the Pioneer Congregational United Church of Christ across from Sutter's Fort and as is our tradition, we will be enjoying their fellowship hall and big kitchen. Plan on joining our amazing potluck after you finish your walks. For New Year's Eve, we will be walking through the brightest and most celebratory streets of downtown Sacramento to enjoy the spirit of the New Year.

Come and enjoy breakfast goodies on New Year's Day and then get ready to tour midtown and downtown areas viewing art and architecture in different neighborhoods. As always, we'll be enjoying the utter quiet of the city, seeing new things and learning more interesting details about Sacramento. Come back after your walk to feast at the potluck tables and enjoy the company of your fellow walkers.

Miscellaneous: Restrooms and water are at the start/finish and along the route. Strollers and wheelchairs are rated "Medium." Dogs on leash with clean-up are welcome; they are not allowed inside the church. Special Programs for both events to be determined.

Fees: Everyone can walk for FREE (donations welcome) or \$3.00 for volkswalk credit.

Award: A limited edition Commemorative Patch will be available for purchase for \$4.00 each.

Contact: Barbara Nuss, 916.283.4650, NussB@SureWest.net or
Nancy Alex, 916.217.4903, FaniFarmer@sonic.net

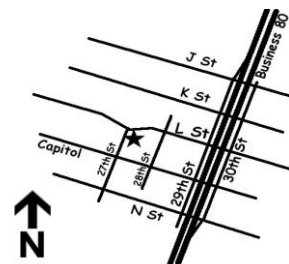
Directions to the Start/Finish:

From Capitol City Freeway going North: take the N St exit. At bottom of ramp, turn left on 30th St staying in left lane.

Turn left on L St. Pioneer Church will be on the left between 28th and 27th St, directly opposite Sutter's Fort.

From Capitol City Freeway going South: take the J St exit, veering slightly right at the bottom of the ramp to 29th St. Drive to L St and turn right. Pioneer Church will be on the left between 28th and 27th St directly opposite Sutter's Fort.

Parking is free on New Year's Eve after 6:00 pm;
free on New Year's Day ALL DAY.



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www.SacramentoWalkingSticks.org

SAVE THE DATE

May 1-3, 2020
2020 CVA CONVENTION
MT. SHASTA, CA



Come join the *Shasta Sundial Strollers* in Mt. Shasta for the 2020 CVA Convention

The city of Mt. Shasta is located in the most northerly portion of California. It is a small community of less than 4,000 people with an abundance of natural, outdoor opportunities. There is much to explore in the area and we promise to pack in as much fun, fitness, friendship and food in 2½ days that is humanly possible.

The convention will be held at the Best Western Plus/Tree House. As Mt. Shasta is a very small town, we strongly advise that you make your accommodation arrangements as soon as possible. We have reserved rooms at a special rate under **SHASTA SUNDIAL STROLLERS** at:

Best Western Plus/Tree House
111 Morgan Way, Mt. Shasta CA 96067
530-926-3101

\$147.55 (includes 12% tax)

Breakfast is not included in the room rate

DEADLINE TO RESERVE: February 29, 2020

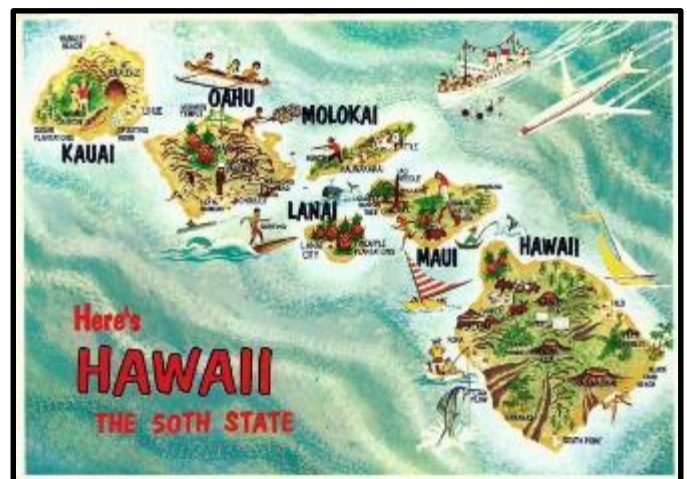
For more information contact:
Cynthia Turbin at 530-949-2810
ShastaSundialStrollers2@yahoo.com

Hope you will join us on the trails in 2020!



Around the Pacific Region

Date	Event	Club	Location	State
10/09	W	International Wanderers	Page - Rim View Trail & Hanging Gardens	AZ
10/26	W	Tucson Volkssport Klub	Tucson - Reid Park	AZ
11/09	GW	Menehune Marchers	Honolulu - Kalama Valley Park	HI
11/10	GW	Menehune Marchers	Kahuku, Oahu - North Shore Turtle Bay	HI
12/07	W	Tucson Volkssport Klub	Tucson - Mike Perry Park	AZ
01/25	W	Tucson Volkssport Klub	Tucson - Mountain Park	AZ
02/17	W	Menehune Marchers	Honolulu - Great Aloha Run - piggyback event	HI



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

Anaheim - Disneyland - Co: Orng - walk (Y0794) start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929, by PARD

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

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

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

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

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

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

Calistoga - Co: Napa - walk (Y0268), start: Calistoga Roastery, 1426 Lincoln Ave., Calistoga, CA 94515, POC: Marilyn Nasi (707) 486-8528, by SCS

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

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

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

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 Manzanita, 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

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

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.

Chula Vista - Co: SD - walk (Y0982), start: South Bay YMCA, 1201 Pacific Mall, Chula Vista, CA 92011, POC: [REDACTED] nan
[REDACTED] CLOSED
Hu [REDACTED], 201-8800, 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

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

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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: Roxie Jones (916) 813-7015, 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

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

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.

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.

2019 Year Round & Seasonal Events Sponsored by California Clubs

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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



Photo by John Gonzalez

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

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

Orcutt - Co: SB - walk Old Town Orcutt (Y2489) start: Old Town Market, 405 E. Clark Ave, Orcutt, CA 93455, POC: Ty Fredriks (805) 714-1552, by CCBB

DESPITE THE NAME, ORCUTT HAS SOME NEW SIGHTS. WATCH FOR COWS!



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

Menifee Valley gives you a glimpse of both land and community.

2019 Year Round & Seasonal Events Sponsored by California Clubs

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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	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
Placerville - Co: EID - walk Old Hangtown (Y0580) start: Buttercup Pantry, 222 Main Street, Placerville, CA 95667, POC: Bette Haskell (530) 647-2726, by PP	Roseville - Co: Pla - bike - NW Roseville Tour (Y1239) , start remote registration contact POC: Don Ratliff, (916) 645-8280 or email dratliff1515@gmail.com 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 CCBB	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
Poway - Co: SD - walk Poway Library (Y1295) , start: web remote registration at my.ava.org , POC: Neil Cohen (818) 789-3929 by PARD	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
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	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
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.	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
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	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
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	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
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	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
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	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
Riverside - Co: Riv - walk (Y1478) , start: Riverside Community Hospital, 4445 Magnolia Ave, Riverside, CA 92501, POC: Sue Obradovitz (951) 735-0457, by LDR	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

2019 Year Round & Seasonal Events Sponsored by California Clubs

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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

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

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

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

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 Clemente - Co: Orng - walk Beach & Pier (Y1060), start: web remote registration at my.ava.org, POC: Neil Cohen (818) 789-3929, by PARD

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 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 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

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

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

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

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

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

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

*Walk the
Presidio to
see what the
West Coast
was doing
during the
American
Revolution.*



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 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 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 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 CCB

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 CCB

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 CCB

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 Holzbom (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 - Tahoe 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: CVS 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 HiDotWalk@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

Beautiful
Tenaya
Lake can be
your (5k)
turnaround
or victory
swim after
conquering
Cloud's
Rest!



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



The Tokyo Olympics are Coming! Would you like to be an Olympian?

Last Chance Events

The following events will NOT be renewed for 2020. If you want them, walk or bike them during this quarter. Please check the previous pages for start points and POCs. For details, go to AVA.org, Events, Search Events.

Location	Event Name	YRE #
Beverly Hills	Stars' Homes & Hollywood Flats	Y2042
Bonita	Bonita Library Walk	Y2192
Carlsbad	Carlsbad Beach Walk	Y2197
Dana Point	Harbor & Doheny Beach Walk	Y2201
El Cajon	El Cajon Library Walk	Y2193
El Cajon	Rancho San Diego Library Walk	Y2199
Marina Del Rey	Muscle Beach Walk	Y1255
Mission Hills	San Fernando Mission Walk	Y0908
Oceanside	Mission San Luis Rey Walk	Y2200
Poway	Poway Library Walk	Y2195
Red Bluff	Victorians Walk	Y2022
Redding	Riverwalk - Shasta County Walk	Y1066
Roseville	Peggy Plummer Memorial Walk	Y1241
San Diego	4S Ranch Library Walk	Y2203
San Diego	Harbor Is. & Recruit Ship Walk	Y2188
San Diego	Mission De Alcala Walk	Y2191
San Diego	Old Town & Mission Valley Walk	Y2190
San Diego	Recruit Ship Walk	Y2189
San Gabriel	Mission Walk	Y2198
San Juan Capistrano	Alt Route Vet & Descano Parks	Y2202
Santa Monica	End of Route 66 Walk	Y0834
Simi Valley	Home of Ronald Reagan Library	Y0846
Solana Beach	Solana Beach Library Walk	Y2196
Spring Valley	Spring Valley Library Walk	Y2194
Tehachapi	Kern County Walk	Y0850
Vacaville	South Rec Trail Bike Tour	Y1573
Vista	Vista Library Walk	Y2187
Weimar	Lillian Webber Memorial Walk	Y0854

You can be an Olympian—a Gold medal Olympian – by joining AVA's *Walk Like An Olympian* Special Program, available for two more years.

It takes 10 AVA-sanctioned events for the Bronze medal and 15 for the Silver. For a Gold medal, you need to complete 20 events in cities that have hosted Olympic Games or in American cities with the same name (such as Albertville, Minnesota).

There are 6 events in California that qualify and each event may be walked two times a year. The California qualifying events are:

Squaw Valley – Olympic Valley

Squaw Valley – Shirley Canyon

Squaw Valley – Tahoma

Los Angeles – Bel Air, UCLA, Westwood

Los Angeles – Griffith Park Bridle Path

Los Angeles – Griffith Park Observatory



For more details or information on ordering a *Walk Like An Olympian* book and starting your Olympic journey, contact POC Suzi Glass at 408.592.3935 or glass2walk@gmail.com.

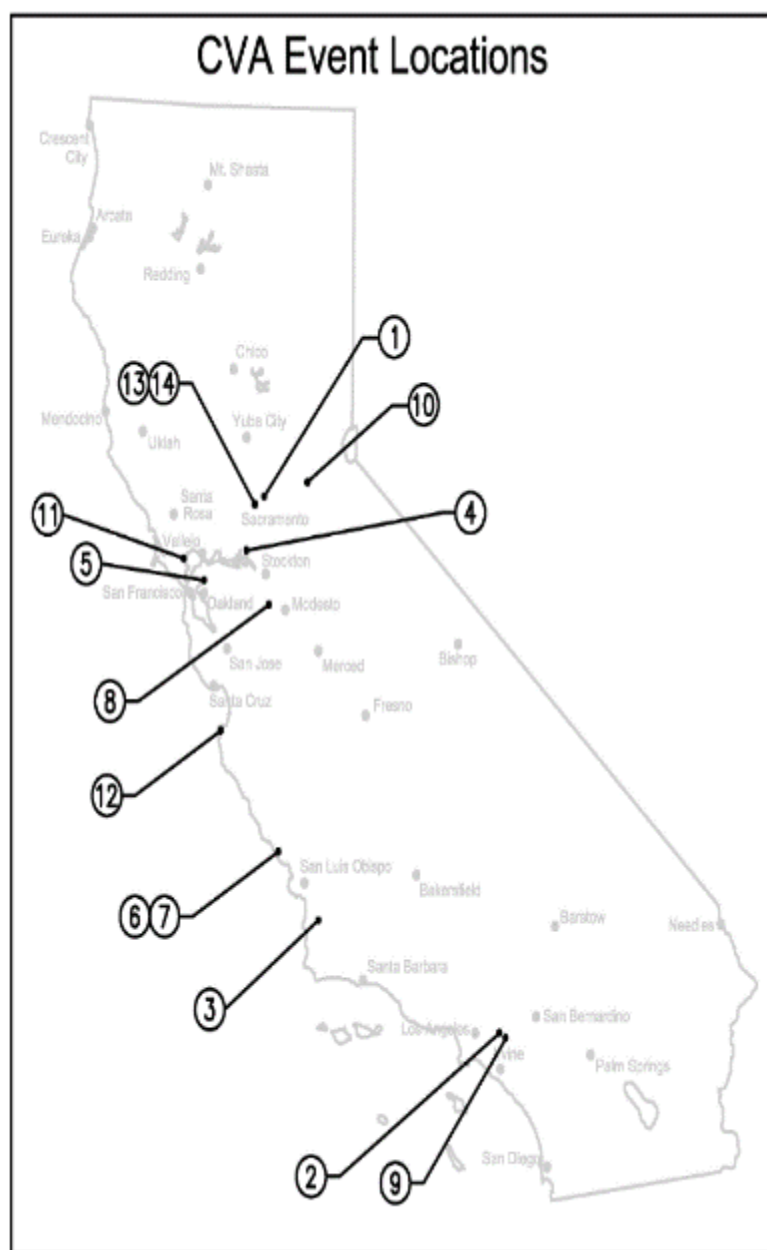
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2019 Fourth Quarter CVA Events

No.	Date(s)	Event	Club	Location	County
1	10/05/19	W	PP	Granite Bay - Folsom Lake	Pla
2	10/05/19	W	LDR	Ontario - Friends & Olives Walk	SnBer
3	10/05/19	W	CCBB	Santa Maria - Active Aging Walk	SB
4	10/12/19	W	SWS	Isleton -- Walking the Delta Town	Sac
5	10/19/19	W	SFBB	Albany to Berkeley - Strolling Solano Avenue	Ala
6	10/19/19	W	CCBB	Cambria - Scarecrows & Oktoberfest	SLO
7	10/20/19	W	CCBB	Cambria - Nature Preserve & Moonstone Beach	SLO
8	10/26 & 27/19	W	DTT	Ripon, Caswell Memorial State Park -- Spooky Walk	SJ
9	11/02/19	W	LDR	Riverside - Zombie Walk	Riv
10	11/09/19	W	PP	Placerville - El Dorado Trail	EID
	11/10/19		All	COMPASS articles due for the 1st quarter, 2020 issue	
	11/15/19		All	COMPASS subscription deadline for 2020 year	
11	11/23/19	W	SCS	Novato - Hamilton Field	Mmn
12	12/14/19	W	SBS	Monterey area - Pacific Grove & Christmas in the Adobes	Mont
13	12/31/19	W	SWS	Sacramento - New Year's Eve	Sac
14	1/1/2020	W	SWS	Sacramento - New Year's Day	Sac



Map by Judy Gregory, SWS