

The *COMPASS*

A Publication of the *California Volkssport Association*

April

May

June

2022



*Walkers enjoying a beautiful spring-like day in February in the Concord Hills!
Thank you to the San Francisco Bay Bandits!*

Photo by: Carole Soenke



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —



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CONTENTS, AVA VISION, MISSION & OFFICERS

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**AVA's Vision: Increasingly
engage Americans in lifelong
walking and other
noncompetitive physical fitness
activities.**

**AVA's Mission: Promote and organize
noncompetitive fitness activities
that encourage lifelong fun, fitness,
and friendship for all ages
and abilities.**

COMPASS Article Deadlines
May 10 for July, August & September
August 10 for Oct., Nov. & Dec. events
November 10 for Jan., Feb. & March events
February 10 for April, May & June events
send to Suzi Glass: glass2walk@gmail.com

Renew

Subscribe see Page 7



New Walker Primer

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 13 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. Annually, California walkers converge on a different part of the state for the CVA Convention – a weekend of unique walks and hikes, social events, making new friends, and catching up with old ones. In 2022, the location is scheduled to be in the San Luis Obispo area.

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, sunscreen, and a mask.
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.

2022 CVA CONTACTS: California Clubs & CVA Officers

<p>CB: Coronado Beachcombers Herman Husbands 619-287-0560 6375 Elmhurst Drive San Diego, CA 92120-3957 eagleherm@aol.com</p>	<p>CCBB: Central Coast Beach Boardwalkers Ty Fredriks (805) 937-3800 847 Blake Street, Santa Maria, CA 93455-4956 ty@beachboardwalkers.org</p>	<p>DTT: Delta Tule Trekkers Cathy Pauley 915-479-1060 3315-1/2 Cherryland Ave. Stockton, CA 95215 president@deltatuletrekkers.org</p>
<p>GVG: Green Valley Gaiters Bob Gebo 951-924-2208 P.O. Box 406 Calimesa, CA 92320 robertgebo@aol.com</p>	<p>LDR: Low Desert Roadrunners Kathy Bundy 951-218-3755 P.O. Box 416 Wildomar, CA 92595 bunznkatz7@gmail.com</p>	<p>PP: Placer Pacers Don Ratliff 916-645-8280 P.O. Box 142 Auburn, CA 95604 dratliff1515@gmail.com</p>
<p>SBS: South Bay Striders Chris Zegelin 408-259-5157 15680 Alum Rock Ave. San Jose, CA 95127 chris@zegelin.com</p>	<p>SCS: Sonoma County Stompers Marilyn Nasi 707-539-8083 110 Valley Lakes Drive Santa Rosa, CA 95409 mbnasi91@comcast.net</p>	<p>SFBB: San Francisco Bay Bandits Priscilla Fife 916-616-6003 2241 Pacific Ave., #B Alameda, CA 94501 sfbaybandits@aol.com</p>
<p>SWS: Sacramento Walking Sticks Barbara Nuss 916-283-4650 P.O. Box 277303 Sacramento, CA 95827-7303 nussb@surewest.net</p>	<p>TTT: Tahoe Trail Trekkers Betsy McDevitt 530-412-4453 371 Cuckoo Court Applegate, CA 95703 betsywalks@gmail.com</p>	<p>VVV: Vaca Valley Volks Tom Smith (707) 449-0574 848 Stonegate Court Vacaville, CA 95687 smithkey78@gmail.com</p>
<p>CVA OFFICERS President Betsy McDevitt 530-412-HIKE 371 Cuckoo Court Applegate, CA 95703 President@CVA4u.org</p>	<p>Secretary Cathy Pauley 915-479-1060 3315-1/2 Cherryland Avenue Stockton, CA 95215 Secretary@CVA4u.org</p>	<p>Treasurer Beverly Bales 916-488-8570 1045 Fulton Avenue, #389 Sacramento, CA 95825-4239 Treasurer@CVA4u.org</p>
<p>Vice President, North Heidi Foster 916-792-1720 8887 Bluff Lane Fair Oaks, CA 95628 heidwalks@sbcglobal.net</p>	<p>Vice President, Central John Glass 408-592-3866 5562 Vassar Drive San Jose, CA 95118 VP-Central@CVA4u.org</p>	<p>Vice President, South Maureen Carlson 909-227-5319 30268 Gulf Stream Dr. Canyon Lake, CA, 92587 mwoodchem@yahoo.com</p>
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<p style="text-align: center;">COMPASS SUBSCRIPTION DEADLINES Subscribe by May 15th for 2 issues in 2022 Subscribe by August 15th for the final issue in 2022 Subscribe by November 15th for all 4 issues in 2023 Subscribe by February 15th for 3 issues in 2023</p>		<p>Webmaster: Judy Gregory 916-539-0833 3356 Balada Way Rancho Cordova, CA 95670 californiavolks2019@gmail.com</p>

Message from the Prez, Betsy McDevitt



Hi Folks,
National Walking Week is April 1-7, 2022!
I hope that everyone will be able to take a celebratory walk or 2 this week. You will find the clubs' event listings for this special week elsewhere in this Compass.

The CCBB will host our CVA Convention in San Luis Obispo on May 13, 14, & 15, 2022. They are also hosting a Pre-Convention Walk on May 12! Please see CCBB's Convention info and pre-registration elsewhere in this Compass and on the CVA and CCBB websites.

We will be electing new officers at our CVA annual meeting on May 14. Many thanks to our nominating committee of: Priscilla Fife, Kathy Bundy, and Paul Robb for finding willing candidates. Thank you, candidates, for stepping up to support CVA!

A big shout out to our current officers, Webmaster, and The Compass staff! Please thank Cathy Pauley, Beverly Bales, Heidi Foster, John Glass, Maureen Carlson, Judy Gregory, Suzi Glass, Jean Lucas, and Jill Simmons for their efforts on our behalf!

CVA hosts 7 Year-Round and Seasonal Events! Carson Pass, Donner Pass, and Round Valley are seasonal events that are open June 1 - October 31, 2022, on the Pacific Crest Trail (PCT). 3 of our YRE's are based in Sacramento: Sacramento Riverfront Tour, Capitol - Wayne Holloway Memorial Walk, and the American River Tour. The Whitewater YRE is on the PCT in Southern California. Check out these events!

As in 2021, please save the 1st Quarter issue of The Compass which contains all YR and Seasonal Events. The Compass for quarters 2,3, & 4 will only have YR and Seasonal Event changes. The Compass is also on the CVA Website.

Thank you all for your time and energy in promoting our favorite sport - Volkssporting!

See you at our Convention in San Luis Obispo!
Your Prez,
Betsy

GENERAL INFORMATION

All activities of the American Volkssport Association shall be carried on 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 \$10.00.

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.

2022 Special Event Programs

PROGRAMS

Abbrev.	Name of Program	Ends
Air	Airports	2022
AT	Appalachian Trail	2028
BC	Border Crossings	2023
Car	Carousels Across America	2021
Clock	Rockin' Around the Clock	2022
G L	Great Lakes -- Great Fun, Great Fitness, Great Friendships	2023
LFL	Little Free Libraries	2021
R-to-T	Rails to Trails	2025
May	Mayflower 400th Anniversary	2022
TH/CH	Town Hall/City Hall	2024
Univ	University Walkin' (Pacific Region)	2024
USA	Walk USA A-Z	no end
Vet	Walking with America's Veterans	2023
WLO	Walk Like An Olympian	2022
WwW	Walking with Woody (California)	2023
50St	50 States	no end
51Cap	51 State Capitals	no end

For programs with ending dates of 2021, you may send in completed books and receive awards in 2022.

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.

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. You alone know your own limits. It is advisable to carry water to all walking events.

FEATURES

The COMPASS Subscribe
or Renew for 1/2 of 2022

The COMPASS is a quarterly publication of the California Volkssport Association (CVA). Subscriptions are on a calendar year basis and prorated each quarter. The donation for the next 2 issues of \$7.50, payable to CVA.

By May 15, please send your check for the suggested donation payable to The California Volkssport Association (CVA) and your completed form to:

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

Questions? Call Jean Lucas at 530.756.4919 or email her at jeanb@dcn.org

Thank you!



Name: _____

Address: _____

City, State & Zip code +4 _____

Phone: _____ Club: _____

Email: _____

Please check: New Renew
 Address change



Here are 24 choices of walks, during
National Walking Week, April 1-7.
Call the POC, lace your shoes & have a walk filled week!



2022 AVA National Walking Week in California

Date	Club	Reg. Time	Location	Walk	Meet	Contact	Phone
04/01	LDR	8:30am	Menifee	Menifee Valley (Y)	Lowe's parking lot, 30472 Haun Rd, Menifee, 92584	Kathy Bundy	951.218.3755
	TTT	10:00am	Carson City, NV	Capital Neighborhoods	Hardman House Hotel, 917 N. Carson St, Carson City, NV 89701	Judy Gordon	775.331.9296
	SBS	10:15am	Santa Cruz	Natural Bridges (Y)	State Park back entrance Delaware Ave & Natural Bridges, Santa Cruz	John Glass	408.592.3866
04/02	LDR	8:30am	Claremont	Claremont Colleges (Y)	Train station parking lot, 111 S. College Ave, Claremont	Kathy Bundy	951.218.3755
	DTT	9:00am	Galt	Town walk (Y)	McDonald's, 324 Pine St, Galt, 95632	Cathy Pauley	915.479.1060
	SWS	9:30am	Fair Oaks	Town walk (Y)	contact POC	Barbara Nuss	916.283.4650
	SFBB	10:00am	San Francisco	Maritime (Y)	contact POC	Priscilla Fife	916.616.6003
04/03	LDR	8:30am	Dana Point	Dana Point (Y)	Ralph's parking lot, 24871 Del Prado, Dana Pt., 92629	Kathy Bundy	951.218.3755
	SWS	11:00am	West Sacramento	River walk (Y)	LaBou Bakery, 849 Jefferson Blvd, #101, West Sac, 95691	Susan Martimo	916.705.9599
04/04	LDR	7:15am	Wildomar	Murrieta Creek (Y)	Montague Bros Coffee, 21545 Palomar, Wildomar, 92595	Kathy Bundy	951.218.3755
	SWS	9:15am	Sacramento	American River (Y)	Starbucks, Arden Town Shopping Ctr, 610 Watt, Sacramento, 95864	Beverly Bales	916.488.8570
	VVV	10:00am	Pittsburg	Town walk (Y)	Steel town Coffee, 695 Railroad Ave, Pittsburg, 94665	Tom Smith	707.628.9808
	SBS	10:15am	Union City	Town walk (Y)	Togos, Union Landing Shopping Ctr, 32220 Dyer St, Union City, 94587	Suzi Glass	408.592.3935
	SWS	6:15pm	Sacramento	Campus Commons/ Sierra Oaks (Y)	Starbucks Coffee, 458 Howe Ave, #8, Sacramento, 95825	Myrna Jackson	916.481.6714
04/05	LDR	9:00am	Oceanside	Harbor (Y)	Oceanside Marina Inn, 2008 N. Harbor Dr, Oceanside, 92054	Kathy Bundy	951.218.3755
	SWS	9:15am	Elk Grove	Regional Park (Y)	Old Town Pizza, 9677 Elk Grove-Florin Rd, Elk Grove, 95624	Paul Robb	916.430.6649
04/06	SWS	9:15am	Sacramento	Ashton Park (Y)	Starbucks, 610 Watt Ave., Sacramento, 95864	Beverly Bales	916.488.8570
	SBS	2:45 PM	San Jose	Rose Garden (Y)	behind Zanotto's Market, 1970 Naglee, San Jose, 95126	Suzi Glass	408.592.3935
	LDR	5:30pm	Lake Elsinore	Levee Trail	behind baseball diamond stadium, 500 Diamond Circle, Lake Elsinore, 92530	Kathy Bundy	951.218.3755
	SWS	6:15pm	Gold River	walk (Y)	Starbucks, 2095 Golden Centre Lane, Ste 10, Gold River, 95670	Zori Friedrich	916.599-7791
04/07	SWS	9:15am	Sacramento	North Natomas (Y)	Planet Fitness parking lot, 4750 Natomas Blvd, Sacramento, 95835	Joanne Jensen	916.996.0401
	SFBB	10:am	Alameda	Bay Farm & Victorian (Y)	Café Au Lait, 3215 Encinal Ave., Alameda, 94501	Priscilla Fife	916.616.6003
	LDR	5:30pm	Murrieta	Old Town (Y)	Town Square Parking Lot, 11 Town Square (Police station flag pole), Murrieta, 92562	Kathy Bundy	951.218.3755
	SWS	6:15pm	Carmichael	Ancil Hoffman Park (Y)	Bella Bru Café, 5038 Fair Oaks Blvd, Carmichael, 95608	Barbara Haig	916.872.8268



THE DELTA TULE TREKKERS
invite you to celebrate with us on our club's

35th ANNIVERSARY WALK
Lathrop, CA
April 9, 2022
Sanction: #PA22/121459

Start: Mossdale Crossing Regional Park
19091 S. Manthey Rd, Lathrop, 95330

Start Time: 8:00am-12:00pm **Finish:** by 3pm.

Distances: 10K and 5K **Trail Ratings:** 1-A

Fees: AVA Credit only \$3.00. Non-credit walkers-Free. There is a \$6.00 parking fee.

Special Programs: Co: SJ, USA A-Z, WwW

DESCRIPTION: A wonderful springtime walk along levee trails beside the San Joaquin River and streets and trails around a new community. All are invited to share cake and punch after the walk.

MISCELLANEOUS: Water and restrooms at the start and along the trail. Dogs okay on leash with pick up. Strollers and wheelchairs medium difficulty.

E-MAIL: deltatuletrekkers@inreach.com
or access club website www.deltatuletrekkers.org

CONTACT: Cathy Pauley 915-479-1060

DIRECTIONS: Follow I-5 South of Stockton to Exit #460 for S. Manthey Rd. Exit and turn **RIGHT** on to S. Manthey Rd. Continue S. Manthey Rd. over the San Joaquin River Bridge to the park entrance on the left.



Invite you to a
1906 Earthquake & Fire Walk
San Francisco
Saturday, April 16, 2022

Sanction: #PA22/121450

START LOCATION: Embarcadero Plaza,
Steuart St, San Francisco, CA 94105

START: 9:00 am to 12 noon **FINISH:** 3:30 pm

DISTANCES: 5 km and 10 km

TRAIL RATING: 1A - Some moderate hill climbing on pavement and well-groomed trails. Moderate effort for wheelchairs or strollers

FEES: \$3.00 for IVV credit and non-IVV. New walkers Free. Donations appreciated. Garage Parking \$3/hr.

MISCELLANEOUS: Restrooms and water available at the Ferry Building by the start and along the route. Dogs are welcome on leash with clean-up. Restaurants/picnic opportunities along routes.

SPECIAL PROGRAMS: Clocks; TH/CH; Vet; WwW - S

DESCRIPTION: On the morning of April 18, 1906, the San Andreas Fault unleashed a shockwave felt from Los Angeles to Oregon, with the epicenter just off the coast of San Francisco. As the ground convulsed, buildings disintegrated, and fires ignited. The Capital of the West Coast was reduced to rubble in minutes: 28,000 buildings destroyed, 3,000 dead and more than 200,000 homeless. Come walk the streets of downtown San Francisco and learn about the history of the 1906 Earthquake and Fire.

CONTACT: Priscilla Fife at 916-616-6003 (leave a message) email: sfbaybandits@aol.com

DRIVING: Aim for 175 Drumm St Park, take elevator to street level & exit bldg. on Clay St. Walk right 1 1/4 blocks to plaza on right.

From East: From Bay Bridge, take the right-side Fremont St exit (stay on inside lane of the two exit lanes), turn left onto Fremont St. Cross Market St (now on Front St), right on Clay St, right on Drumm St, right into garage.

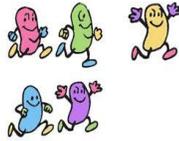
From South: From 101N take exit 430A for 280N. In 3 1/4 miles continue King St. In ~2 miles, turn left on Washington St, then left on Drumm St and right into garage (past Clay).

From North: After exiting the GG Bridge take exit 437 (Presidio/Marina Blvd), then either lane to turn left on Girard Rd. In 1.3 miles turn left on Bay St; at end, turn right on Embarcadero. Turn right on Washington St, left on Drumm St and right into garage (past Clay).

BART: Exit Embarcadero Station and walk towards Ferry Bldg. Turn left into the Plaza. **FERRY:** Take ferry to SF Ferry Bldg., exit, cross The Embarcadero and stay right to enter the Plaza.

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LOW DESERT ROADRUNNERS
 invite you to walk with them for
Earth Day: National Jelly Bean Day
Riverbend Park
Jurupa Valley CA 91752
April 23, 2022
 Sanction: #PA22/121368



5km/10km

Start Location & Times: Riverbend Park is located in the Riverbend housing tract on Confluence Drive in Jurupa Valley, CA. close to the Santa Ana Riverbed.

Register between 8 & 11am. **Finish** walk by 2pm.

Trail Rating & Description: **Rated 1A** Easy 5 & 10k on a well-groomed dirt path through the park alongside the golf course then back to the start/finish.

Awards & Fees: Credit is \$3.00 or FREE for No Credit.
Special Programs: USA, A-Z.

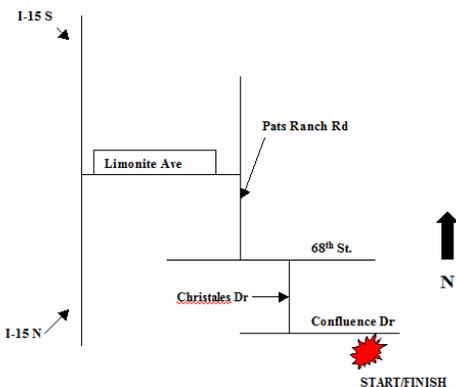
Miscellaneous: Restrooms and water at the start.
 Pets are okay on leash with clean-up.

Routes easy for strollers, medium for wheelchairs.

Contact: Kathy Bundy - 951-218-3755
 Or bunznkatz7@gmail.com

Directions: **From Southbound I-15** Exit 103 **LEFT** on Limonite Ave. **RIGHT** onto Pats Ranch Road, **LEFT** onto 68th St. **RIGHT** onto Christales Dr. **LEFT** onto Confluence Dr. Park will be on the Right. **From Northbound I-15** Exit 103 **RIGHT** onto Limonite Ave. **RIGHT** onto Pats Ranch Road, **LEFT** onto 68th St. **RIGHT** onto Christales Dr. **LEFT** onto Confluence Dr. Park will be on the Right. **LOOK FOR BANNER**

Parking may be limited since this park is used quite a bit on the weekends. It's located within the Riverbend housing tract so get there early and park anywhere on the street.



Davies Park Walk
Folsom, CA
April 23, 2022
 Sanction: #PA22/121280

www.SacramentoWalkingSticks.org

SPONSOR: Sacramento Walking Sticks

LOCATION: Bud & Artie Davies Park
 290 American River Canyon Drive
 Folsom, CA 95630

START: 9:00am – Noon, **FINISH:** 3:00pm

DISTANCES & TRAIL RATINGS:

5k rated 2A; 10k rated 2B

SPECIAL PROGRAMS: USA

TRAIL DESCRIPTION: Enjoy a spring walk in Folsom. Traverse many bike trails in the Cascades residential area including the "painted rock" trail and Linda Creek Trail. From there visit two neighborhood parks in Inwood Estates. Last, but not least, enjoy the Hinkle Creek Nature Trail before returning to the finish.

MISCELLANEOUS: Restrooms and water at the start only. There are no nearby eating places. Bring a picnic lunch to enjoy after the walk. Routes very difficult for wheelchairs and strollers. Stay on 5K since there are hills and dirt trails. Pets okay on leash with clean up.

FEES: \$3.00 for credit walkers or walk Free If no credit is needed.

CONTACT: Myrna Jackson, 916.481.6714,
mjacks1940@yahoo.com

DIRECTIONS: **From the east or west take I-80** to Exit Greenback Ln. Take Greenback Ln. east to Hazel Ave. Left on Hazel to Oak Ave. Right on Oak Ave to American River Canyon Dr. Left on American River Canyon Dr. to Davies Park.

From Hwy 50 east or west bound, exit Hazel Ave North, Take Hazel Ave North to Oak Ave. Right on Oak Ave to American River Canyon Dr. Left on American River Canyon Dr to Davies Park. Park will be on the left



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LOOK WHO'S WALKING

Celebrate the listed walkers who reached Event milestones, according to the March, 2022 edition of *The American Wanderer*.

Name	Total Events
Jo Billman	125 Events
Ginger Fredriks	175 Events
Ty Fredricks	175 Events
Christine Williams	200 Events
Nancy Tellefson	250 Events
Warren Tellefson	250 Events
Cheryl Woodward	450 Events
Doug Rathgeb	1,150 Events
Jean Lucas	1,200 Events
Dana Beales	1,400 Events
Ronald Sponaule	1,500 Events
Barbara Nuss	2,000 Events

LOOK WHO'S WALKING

The March, 2022 edition of *The American Wanderer* also noted the mileage achievements of the walkers listed below.

Name	Distance
Christine Williams	2,000 km
Cheryl Woodward	4,500 km
Debbie Gley	5,500 km
Don Ratliff	7,500 km
Marillyn Ratliff	7,500 km
Doug Rathgeb	12,000 km
Jean Lucas	13,000 km

LOOK WHO'S BIKING

Name	Distance
Don Ratliff	7,500 km
Marillyn Ratliff	7,500 km



Tahoe Trail Trekkers

April 30, 2022
invite you to
Reno/Sparks, NV
Sanction: #PA22/121426

SPRING STROLL at the MARINA

Registration: National Automobile Museum
10 South Lake St. Reno, NV 89501
then drive 7 mi to IMAX in Legends Outdoor Mall.

Start Times: 9:30am - 12:30pm / **Finish** by 4pm
Distances: 5km, 10km, 11km **Rating:** 1A
Fees: Credit \$3.00, free walkers welcome.

Trail Description: All walkers will enjoy the beautiful Sparks Marina accompanied by squirrels and ducks. 10 and 11k'ers will visit historical sites in downtown Sparks and see the new murals and sculptures installed last summer. 5 and 11k'ers will also stroll around the mall where sidewalk medallions and courtyards of statues highlight Nevada's influential citizens and events.

Special Programs: Vet, USA - S

Miscellaneous Information: Restrooms and water available at registration and along route. Dogs ok on leash with clean up. Strollers easy with one long, but gentle uphill. Wheelchair route available to avoid the hill.

Contact: Judy Gordon, 775-331-9296,
reno jag775 @juno.com.

Directions: from I-80 east or west exit Wells Ave. Eastbound turn RIGHT onto Wells. Westbound turn LEFT onto Wells. Turn RIGHT onto Mill St. Turn RIGHT onto Museum Dr then LEFT into parking lot.

Friendship Walk in Reno, NV - UNR San Rafael Sunday, May 1 at 9am. Meet at Rancho San Rafael parking lot, 1595 N. Sierra St., 89503. Special Programs: Univ. Can register, pay & pickup directions at the Marina Stroll on Saturday.

** REMINDER: 5/10 - Deadline for 3rd Q 2022 COMPASS Articles **

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2022 CVA Convention

hosted by
**Central Coast
Beach Boardwalkers**

San Luis Obispo, CA

May 13 – 15, 2022

**SLO Elks Lodge
222 Elks Lane**

San Luis Obispo, CA 93401

- FOUR SANCTIONED 5/10K WALKS
- FRIDAY NIGHT MEET & GREET
- SATURDAY NIGHT GROUP BBQ
- ANNUAL CVA MEETING
- ONE AMAZING BUS TOUR!

THE WALKS

Maps for all walks available at the Elks Lodge throughout the weekend and at each walk's start table. Elks Hours: Friday 12-5 pm, Saturday 8 am - 2 pm, and Sunday 8 am - 2 pm.

Thursday, 5/12: SLO. Famous SLO Farmer's Market. 4-6PM, finish by 9PM. The Kinney SLO, 1800 Monterey St, SLO, 93401. Sanction #121234
Special Programs: *USA (S); 50St, Clock, WwW*
5K walk is rated 1A, 10K rated 2A. Enjoy the lively Thursday night Farmer's Market that San Luis Obispo has become famous for! 5K experiences all that Farmers has to offer, and the 10K makes it out to Cal Poly for our UW book holders ☺.

Friday, 5/13: Los Osos, Morro Bay Estuary, 12-3PM, finish by 6PM. Los Osos Community Park School House, 2180 Palisades Ave, Los Osos, 93402. Sanction #121232
Special Programs: *USA (L); 50St, WwW.* 5K walk is rated 2B, 11K rated 3B. Both walks experience the Sweet Springs Nature Preserve, and the 11K takes you through the Elfin Forest. Enjoy a quiet beach community overlooking the Morro Bay Estuary. Experience a relaxing walk starting in a 150-year-old school house! Wheelchair/stroller rating is hard.

Saturday, 5/14: California Coastal Trail/Pismo Beach, 8AM-12PM, finish by 3PM. Pismo Lighthouse Suites, 2411 Price St., Pismo Beach, 93449. Sanction #121233
Special Programs: *USA (P); 50St, Clock, LFL* 5K walk is

rated 1A, 10K rated 2A. Start at the beautiful Suites, and meander along rugged coastline behind beautiful coastal resorts. You will even enjoy a stroll to the end of the iconic Pismo Pier (alternate route for walkers with dogs). 5K/10K route. Wheelchair/stroller rating is medium.

Sunday, 5/15: Arroyo Grande, Historic Downtown/Oaks Preserve. 8-11AM, finish by 2PM. Centennial Park, Olohan Alley, Arroyo Grande, 93420. Sanction #121231. Special Programs: *USA (A); 50St, Clock, LFL, WwW*
5K rated 1A and 10K alternate walk rated 1A; 10K Oaks walk rated 3C. A challenging hike along paved, climbing streets into a rustic oak preserve with maintained trails. Bring your walking sticks! Wheelchair/stroller rating is hard.

FRIDAY NIGHT MEET & GREET: Catch up with old (and new!) friends while enjoying light hors d'oeuvres and non-alcoholic beverages. 7-8:30 pm at the Elks Lodge. Delegate registration available.

CVA ANNUAL MEETING: Saturday, May 14, 3PM at the Elks Lodge. Delegate registration on Saturday, 2:45-3:00 pm and at Meet & Greet.

SATURDAY NIGHT GROUP DINNER: Enjoy the famous Elks BBQ buffet-style dinner in the lodge after the Annual Meeting. Meet at 6PM for a no-host drink and mingling before dinner. Dinner is \$35, and special dietary accommodations are available (please note on Registration Form).

NOTE: Dinner is Pre-Reg ONLY. NO tickets sold at door. Order deadline is April 30.

CONVENTION AWARD:

LOGO CANVAS TOTE BAG



Relive your Convention memories as you reuse this durable tote bag throughout the year! Only \$8 each. Fifty bags available for sale; preorders highly recommended. No reorders.

SHOWCASE YOUR CLUB DOOR PRIZES: It's giveaway time! We ask each club to donate a gift basket highlighting your club's walks. Please email a description of the contents and your club's name by April 30 to Jo Billman at graficsnstuff@gmail.com. Jo will make a pretty sign for you! Drop off your gift basket to the Elks Lodge on Friday.

LODGING

Discounted room rates have been negotiated with two highly-rated hotels just four miles from our venue, both offering free parking, breakfast, and wi-fi. The rooms have been reserved from 5/12/22 through 5/15/22. Receive the discounted rate by mentioning **CVA Convention**.

Sands Inn and Suites, 1930 Monterey St, San Luis Obispo, CA 93401. \$149/night. Code: CVAWC (805) 544-0500

La Cuesta Inn, 2074 Monterey St, San Luis Obispo, CA 93401. \$175/night. Mention CVA Convention for deal. (805) 543-2777

RVs

Montano de Oro State Park, 3550 Pecho Valley Rd, Los Osos, CA 93402. 805-528-0513 https://www.parks.ca.gov/?page_id=592

Avila/Pismo Beach KOA 7075 Ontario Rd, San Luis Obispo, CA 93405 Phone: (805) 595-7111

Port San Luis RV Campground 3950 Avila Beach Dr, Avila Beach, CA 93424 Phone: (805) 903-3395

DIRECTIONS

Take 101 South or North to San Luis Obispo. Exit Madonna Rd (exit 201) and turn right for a quarter-mile to Higuera St.

Right on Higuera for a quarter mile to Elks Lane.

Right on Elks Lane, the lodge is on your right.



MISCELLANEOUS

Pets on leashes with clean-up are allowed at all events, except for the Pismo Pier and Sweet Springs Nature Preserve in Los Osos. Some routes are extremely difficult for wheelchairs and strollers, but alternate routes will be available. Water and restrooms with flush toilets are available at each starting point. Walking sticks recommended in the James Way Oak Preserve.

REGISTRATION

PRE-REGISTRATION: Complete the registration form below between now and April 30 and mail to: 335 Pabst Lane, Santa Maria, CA 93455 Make checks payable to: **CCBB**.

Contact: Ty Fredriks; (805) 714-1552 tyandginger@gmail.com

or

ONLINE REGISTRATION: The CCBB is excited to offer online registration for those attendees wishing to pay by credit card. Visit the website below for the order form and a link to a secure payment page. Registration web address: www.beachboardwalkers.org/cva-annual-convention

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Name:			
Address:			
City/St/Zip			
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Events	# for Credit	# for Free	Total
	\$3.00	Donation?	
SLO Farmer's Market			
Los Osos/MB Estuary			
CA Coastal Trail/Pismo			
Arroyo Grande Oaks			
Friday Meet & Greet	How many attending? _____		n/c
Sat. Dinner (\$35) Special Diet?	How many? _____ x \$35		
Award Tote Bag(\$8)	How many? ___ x \$8		
Donation to host club (totally voluntary :)			
TOTAL:			

The
DELTA TULE TREKKERS
Invite you to
Walk Among the Tall, Tall Trees

**CALAVERAS BIG TREES
STATE PARK**

May 21, 2022

Sanction: #PA22/121377

Start: North Grove Parking Lot
1170 E. State Highway 4,
Arnold, CA 95223



Start Time: 8:30am–12:00pm **Finish:** 3:00pm
Distances: 5K & 10K **Ratings:** 5K -1A,10K - 2B

Fees: AVA Credit only \$3.00. You may walk free if no credit desired. \$10.00 park entrance fee, \$9.00 for Seniors. Carpooling advised.

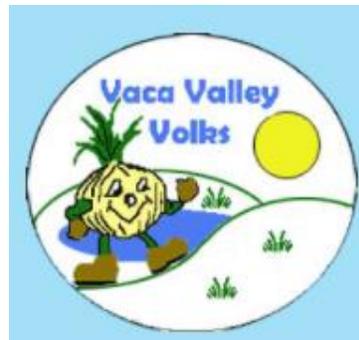
Description: A beautiful walk on paved and dirt trail, and fire roads through the woods Park. The Three Senses Trail and North Grove Big Trees Trail are included in the walk. There are hills on the 10 K walk.

Special Programs: Co: Cala, WwW.

Miscellaneous: Water and restrooms available at the start and along the route. Wheelchairs and strollers advised to do 5K. Dogs are welcome on leash in developed areas and campgrounds. Dogs are not allowed on the designated trails, nor in the woods in general. Camping is available in the park. Make reservations at ReserveAmerica.com.

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

Directions: Follow Hwy 99 south of Stockton to Hwy 4 EAST. Continue on Highway 4 East through Angels Camp, Murphys and Arnold. Calaveras Big Trees State Park is 4 miles past Arnold. Exit on the right. Check in at entrance station, then right, downhill and left to North Grove parking area. Watch for Delta Tule Trekkers walk sign.



The Vaca Valley Volks
invite you to join our walk in

Vacaville

Saturday, June 11

Sanction: #PA22/121460

Start: Northbay Healthspring Fitness
1020 Nut Tree Rd, Vacaville, CA 95687
Time: 9:00am to noon **Finish:** 3:30pm
Distances: 5k & 10K **Ratings:** 1A

Description: The walk follows foot and bike paths along Ulatis and Putah Creeks as well as some residential and business areas. Both walks pass the Vacaville Outlet stores.

Awards: None (B medals) AVA credit \$3, without credit, walk for Free.

Special Programs: R-to-T, USA, 50St.

Miscellaneous: Restrooms and water are available at the start. Both routes are suitable for strollers and wheelchairs. Dogs welcome on leash with clean-up.

Contact: Tom Smith (707) 628-9808 or Smithkey78@gmail.com

Directions: From the East: From I-80 take Leisure Town Rd exit and turn Left. Right on Elmira Rd, Right on Nut Tree Rd. Right at next stoplight into Northbay Complex – Right to the Fitness Bldg.
From the West: From I-80 Take exit 54b, Peabody Rd/Elmira Rd. Left on Peabody, Right on Elmira. Left on Nut Tree Rd. Right on next stoplight into Northbay Complex – Fitness Bldg. to the Right.

Year Round & Seasonal Event Changes since Q1 Issue

Call POC or Check AVA website (my.ava.org/events tab) for latest information and more details

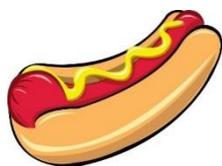
OSB = Online Start Box. Entries with OSB are online only. Go to my.ava.org to get started.

Anaheim --Co: Orng - Disneyland-California Adventure walk (Y0794) start: OSB only. POC: Carl Cordes 702.540.6632, by PARD

Carmichael --Co: Sac - walk Ancil Hoffman Park (Y1712) start remote registration only - phone or email POC: Barbara Haig 323.578.9194 or Got2BeBabs@yahoo.com by SWS

Carson Pass - Co: Alp seasonal walk 06/01/22-10/31/22 - Pacific Crest Trail (Y0880) start: OSB only, POC: Suzi Glass 408.592.3935 by CVA

Chico --Co: Butte - walk CSU Chico (Y2673) start: OSB only. POC: Ty Fredriks 805.714.1552 by CCBB



**Save the Date:
Saturday, July 2, 2022**

for the
South Bay Striders'

Hills & Hot Dogs Walk

Sanction: #PA22/121489

in

San Jose's Alum Rock Park

Start your Fourth of July weekend with a 5, 7, or 10k walk among the gentle hills overlooking San Jose. Stay for a hot dog on the patio of the Pelking/Zegelin home (the start) Details in the **Quarter 3 COMPASS** or email Chris at chris@zegelin.com or Holly at ilex56@yahoo.com

See you then!

Citrus Heights - Co: Sac - walk Stock Ranch (Y0224) start remote registration only - phone or email POC: Dave Barnes 916.955.6042 or barnesde61@gmail.com by SWS

Donner Pass - Co: Nev - seasonal walk 06/01/22-10/31/22 - Pacific Crest Trail (Y1038) start: OSB only, POC: Suzi Glass 408.592.3935 by CVA

Encino - Co: LA - Nature & Historic walk (Y0934) start: OSB only, POC: Carl Cordes 702.540.6632, by PARD

Etna - Co: Sisk - walk Historic (Y1121) start: Ray's Food Place, 124 Collier Way (Hwy 3) Etna, CA 96027 POC: Catherine Wieder 562.716.0114 by SWS

Los Angeles - Co: LA - walk Giffith Park Bridle Path (Y2138) start: OSB only, POC: Suzi Glass 408.592.3935, by SBS

Los Angeles - Co: LA - walk Griffith Park Observatory (Y2250) start: OSB only, POC: Holly Pelking 408.859.7978, by SBS

Los Angeles - Co: LA - walk UCLA, Westwood & Marilyn (Y2043) start: OSB only, POC: Suzi Glass 408.592.3935, by SBS

Palm Springs - Co: Riv - 2 walks Celebrity Walk (Y1887) & Park Trail (Y0724) start remote registration only - phone or email POC: Sue Obradovitz 951.333.6806 or suejoe2@icloud.com by LDR

Petaluma - Co: Son - walk Historic Petaluma (Y0233) start: Temporarily Closed - call POC: Don & Sue Deal 707.762.4148, by SCS

Redding - Co: Sha - walk Sundial Bridge (Y0705) start: OSB only. POC: Carl Cordes 702.540.6632, by PARD

Riverside - Co: Riv - walk Riverside County (Y1478) start: remote registration only - phone or email POC: Sue Obradovitz 951.333.6806 or suejoe2@icloud.com by LDR

Round Valley - Co: Alp - seasonal walk 06/01/22-10/31/22 Pacific Crest Trail (Y0983) start: OSB only, POC: Suzi Glass 408.592.3935 by CVA

Sacramento - Co: Sac - 3 walks: Curtis Park (Y0968), Land Park (Y1039) & River & Miller Park (Y0938) start Sprouts Farmers Market, 4408 Del Rio Rd, Sacramento, CA 95822. POC: Jennifer Stanley 415.516.5671 by SWS.

Sacramento - Co: Sac - walk North Laguna Creek Wildlife Area (Y1043) start: 24 Hour Fitness, 8785 Center Parkway, Sacramento, CA 95823, POC: Eva Nelson 916.261.9016, by SWS

San Francisco - Co: SF - walk Land's End and Beyond (Y1943) start: Seal Rock Inn, 545 Pt. Lobos @48th Ave, San Francisco, CA 94121, POC: P. Fife 916.616.6003 by SFBB

San Francisco - Co: SF - 2 walks SF Maritime (Y1479) & Presidio (Y1564) Temporarily closed. POC: P. Fife - email SFBayBandits@aol.com, by SFBB

San Jose - Co: SClar - walk Hellyer Park & Coyote Creek (Y2781) start: OSB only, POC: Suzi Glass 408.592.3935, by SBS

San Jose - Co: SClar - walk Rose Garden & Santa Clara University (Y2768) start: OSB only, POC: Chris Zegelin 408.529.9724, by SBS

Sebastopol - Co: Son - walk near Santa Rosa (Y0793) start Temporarily Closed - call POC: Marilyn Nasi 707.486.8528, by SCS

Ventura - Co: Ven - walk Santa Cruz Island (Y0872) start: OSB only. POC: Ty Fredriks 805.714.1552 by CCBB

West Sacramento - Co: Yolo - walk Clarksburg Branch Line Trail (Y1515) start: Nugget Market, 2000 Town Center Plaza, West Sacramento, CA 95691, POC: Susan Martimo 916.705.9599 by SWS

West Sacramento - Co: Yolo - River Walk (Y0545), start: La Bou Bakery & Café (closed Sundays), 849 Jefferson Blvd. #101, West Sacramento, CA 95691, POC: Susan Martimo 916.705.9599 by SWS

Whitewater -Co: Riv - walk Pacific Crest Trail (Y0975) start: OSB only, POC: Jean Vik 951.317.7860 by CVA

Whittier - Co: LA - walk Home Town (Y2047), start: OSB only, POC: Suzi Glass 408.592.3935, by SBS

Yosemite National Park - Co:Mrp - 2 seasonal walks - 05/01/22-10/31/22 Cloud's Rest (Y0734) & Half Dome (Y0765) start: OSB only, POC: Carl Cordes 702.540.6632 by PARD

Yosemite National Park - Co: Mrp - walk Valley Floor (Y0727) start: OSB only. POC: Carl Cordes 702.540.6632, by PARD

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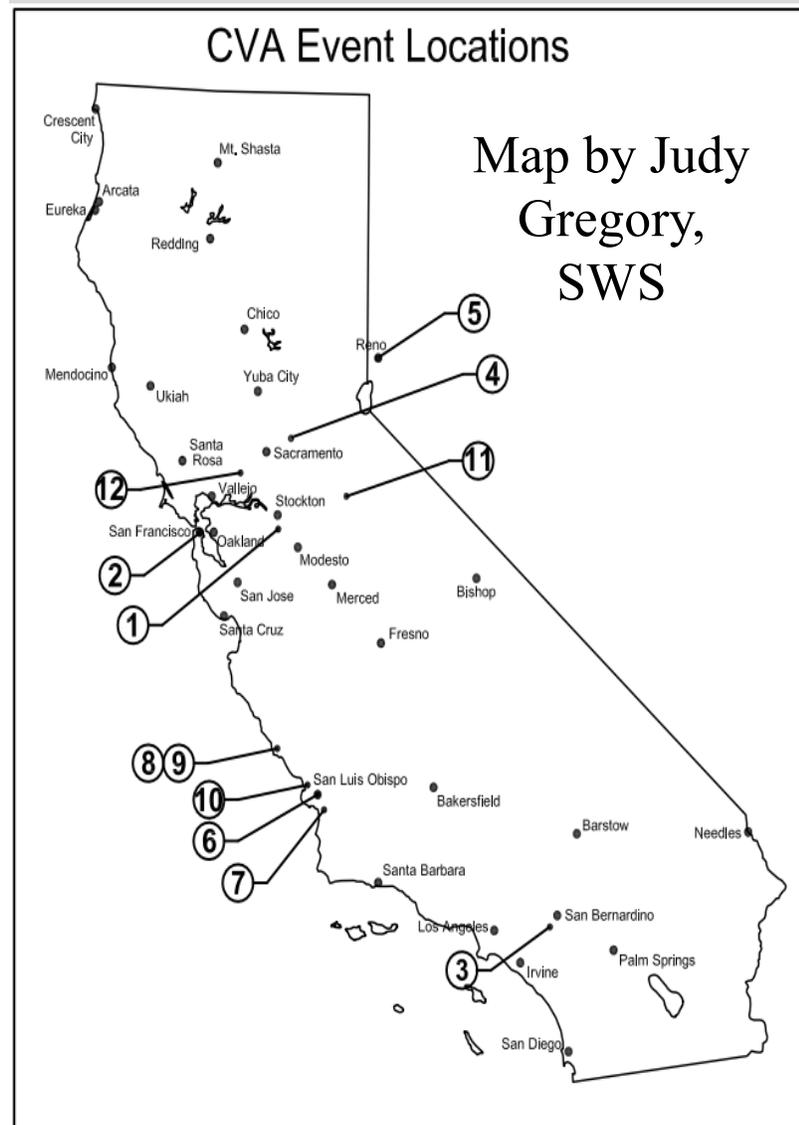
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California Volkssport Association
Suzi Glass, Editor
371 Cuckoo Court
Applegate, CA 95703

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<i>California Events End Quarter, 2022</i>					
No.	Date(s)	Event	Club	Location	County
1	04/09	W	DTT	Lathrop - 35th Anniversary walk	SJ
2	04/16	W	SFBB	San Francisco - Earthquake & Fire	SF
3	04/23	W	LDR	Jurupa Valley - Earth Day & National Jelly Bean Day	Riv
4	04/23	W	SWS	Folsom - Davies Park	Sac
5	04/30	W	TTT	Reno/Sparks, NV - Sparks Marina	Washoe
	05/10		All	COMPASS Articles due for 3rd quarter	
6	05/12	W	CCBB	CVA Convention - SLO Farmer's Market evening walk	SLO
7	05/13 - 05/15	W	CCBB	CVA Convention -- Arroyo Grande	SLO
8	05/14	W	CCBB	CVA Convention - Toast of the Coast Bus Tour - full	SLO
9	05/13 - 05/15	W	CCBB	CVA Convention -- California Coastal Trail	SLO
10	05/13 - 05/15	W	CCBB	CVA Convention -- Los Osos/Baywood Park	SLO
	05/15		All	COMPASS Subscription deadlines for 2 quarters of 2022	
11	05/21	W	DTT	Arnold- Calaveras Big Trees State Park	Cala
12	06/11	W	VVV	Vacaville -- Creek walk	Sol



WEBSITES
AVA: www.AVA.org
CVA: www.cva4u.org
IVV: ivv-web.org

California Club Websites
CCBB: www.beachboardwalkers.org
DTT: www.DeltaTuleTrekking.org
GVG: www.greenvalleygaiters.org
LDR: www.LowDesertRoadrunners.org
PP: www.PlacerPacers.org

California Club Websites
SBS: www.SBStriders.org
SCS: www.SonomaCountyStompers.org
SFBB: www.facebook.com/SanFranciscoBayBandits
SWS: www.SacramentoWalkingSticks.org
TTT: www.TahoeTrailTrekking.org
VVV: www.VacaVolks.org