

# The COMPASS

A Publication of the *California Volkssport Association*

*July*

*August*

*September*

**2022**



Thanks to the 7 Clubs  
that together led 24  
walks during  
National Walking Week  
April 1-7<sup>th</sup>  
Great Job!



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



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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.**

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





## ***New Walkers: Start HERE***

**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 Convention took place 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](http://cva4u.org)'. This provides more detailed information about our organization and the clubs in California. The national organization website is '[ava.org](http://ava.org)' which leads you to all of the events and clubs within the nation.

## 2022 CVA CONTACTS: California Clubs & CVA Officers

<p><b>CB:</b> Coronado Beachcombers Herman Husbands 619-287-0560 6375 Elmhurst Drive San Diego, CA 92120-3957 eagleherm@aol.com</p>	<p><b>CCBB:</b> Central Coast Beach Boardwalkers Ty Fredriks (805) 937-3800 847 Blake Street, Santa Maria, CA 93455-4956 ty@beachboardwalkers.org</p>	<p><b>DTT:</b> Delta Tule Trekkers Cathy Pauley 915-479-1060 3315-1/2 Cherryland Ave. Stockton, CA 95215 president@deltatuletrekkers.org</p>
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<p><b>COMPASS SUBSCRIPTION DEADLINES</b>  <b>Subscribe by August 15th for the final issue in 2022</b>          Subscribe by November 15th for all 4 issues in 2023          Subscribe by February 15th for 3 issues in 2023          Subscribe by May 15th for 2 issues in 2023</p>		<p><b>Webmaster:</b> Judy Gregory 916-539-0833 3356 Balada Way Rancho Cordova, CA 95670 californiavolks2019@gmail.com</p>



Hi Fellow Walk Enthusiasts,

I never imagined being your CVA President for the next two years, but the Nominating Committee (and past president) were pretty convincing! I want to thank all the delegates for having confidence in my abilities to lead this great organization! (I am sure there are a lot of “thank goodness it’s you and not me!” sentiments out there.)

I have really enjoyed the office of Secretary these past 4 years and learned a lot from Betsy McDevitt, for whom I am very grateful to have worked side by side. I will work hard to faithfully execute the office of President (but Betsy is a hard act to follow).

Thank you to Betsy McDevitt, John Glass and Beverly Bales for serving two full terms. You brought CVA through a pandemic and many challenges! CVA is in a better place because of you and the SEC. Thank you Maureen Carlson and Heidi Foster for serving a second term and to Diane Gomes and Steve Hughart for stepping up and serving as secretary and treasurer, respectively.

I thought I would share a little bit of my background. I currently serve as Delta Tule Trekkers president, and I am retired from the Army Reserve. My day job is with the federal government as a public affairs chief for Army recruiting. I have two grown sons (both married) and 5 (yes 5!!) granddaughters belonging to my oldest son. They range in age from 5 months to 14 years. I am a co-director for a disabled adult group called Good Shepherd Family Ministry. We meet almost every Saturday from late September through early May, which is why I miss a lot of CVA walks during those months. My latest endeavor has been a ministry partner for our church Comfort Dog team. Our dog’s name is Rahab, and she indeed brings comfort to the community!

Moving back to business, I want to congratulate the five clubs that celebrated anniversaries this year – the Delta Tule Trekkers (35 years) and Betsy’s club, Tahoe Trail Trekkers also marking 35 years. In addition, congrats to Coronado Beachcombers reaching their 30<sup>th</sup> anniversary. The other two clubs are part of the Pacific Region but not CVA – Thunder Mountain Trekkers (Arizona) and Menehune Marchers (Hawaii).

To close out this edition, I just want to emphasize what an amazing convention the CCBB hosted this year! The walks and the bus tour were amazing and well put together. Thank you to all the volunteers who helped the club out when the help was needed! I appreciate the fact that we are ALL volunteers but continue to serve the community with a healthy lifestyle.

Happy Summer, Happy 4<sup>th</sup> of July and Remember Patriot Day and the First Responders.

Your President, Cathy

# 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.

## SPECIAL EVENT PROGRAMS

Clubs often sponsor Special Event Programs to enhance your walking experiences. Finding that unique Little Free Library and/or realizing you are walking on a Rails-to-Trails route are discoveries that enrich the event.

Program completers receive an award. Often this is a patch, pin or other memento for participants' hat, backpack or scrapbook. The 15 Special Event Programs for 2022 include two new national ones, as well as *University Walkin'* for the Pacific Region states (AZ, CA, HI and NV) and a California program, *Walking with Woody*.

Note the abbreviations listed below in the Traditional Event descriptions here in *The COMPASS*. For Year Round and Seasonal Events, Special Programs are found in the *Starting Point 2022* book and on the AVA web page under the 'Events' tab.

### 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
GL	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 still turn in competed 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.

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

# THANK YOU

## Central Coast Beach Boardwalkers

For an

**INCREDIBLE**

**CVA Convention**

### Varied & Interesting walks



SLO Farmers' Market



Los Osos



California Coastal Trail



Arroyo Grande

### Toast of the Coast Bus Trip



Early Departure- Piedras Blancas Lighthouse- Elephant Seal Rookery- Morro Rock-Pismo Beach & Pier

### And times of Fun and Friendship



Meet & Greet



CVA Business Meeting – TTT 35<sup>th</sup> Anniversary



Basket Drawing at BBQ Dinner

## CVA Pin on Sale Now!!



Get your new California Volkssporter Pin for only \$4.00.

Contact Betsy McDevitt

to place your order.

[betsywalks@gmail.com](mailto:betsywalks@gmail.com)  
or 530-412-4452



Delivery possible at upcoming walk events.

### WEBSITES

AVA: [www.AVA.org](http://www.AVA.org)

CVA: [www.cva4u.org](http://www.cva4u.org)

IVV: [ivv-web.org](http://ivv-web.org)

CCBB: [www.beachboardwalkers.org](http://www.beachboardwalkers.org)

DTT: [www.DeltaTuleTrekking.org](http://www.DeltaTuleTrekking.org)

GVG: [www.greenvalleygaiters.org](http://www.greenvalleygaiters.org)

LDR: [www.LowDesertRoadrunners.org](http://www.LowDesertRoadrunners.org)

PP: [www.PlacerPacers.org](http://www.PlacerPacers.org)

SBS: [www.SBStriders.org](http://www.SBStriders.org)

SCS: [www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)

SFBB: [www.facebook.com/SanFranciscoBayBandits](http://www.facebook.com/SanFranciscoBayBandits)

SWS: [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

TTT: [www.TahoeTrailTrekking.org](http://www.TahoeTrailTrekking.org)

VVV: [www.VacaVolks.org](http://www.VacaVolks.org)



invite you to kick-off your 4<sup>th</sup> of July walking with us in Alum Rock Park

**Saturday, July 2, 2022**

**Hills & Hot Dogs**

Sanction: #PA22/121489

**START LOCATION:** Pelking/Zegelin home  
15680 Alum Rock Ave., San Jose, CA 95127

**START:** 8:30am to 12noon. **FINISH:** 3:00pm

**DISTANCES:** 5, 7 & 10k. **TRAIL RATED:** 2B– Easy hills, most paved with some packed gravel & dirt.

**MISCELLANEOUS:** Restrooms and water available at the start and the Youth Science Institute on the 7k. Pets are not allowed in the park. Routes are difficult for both strollers and wheelchairs.

**FEE:** \$3.00 for IVV credit & non-IVV;  
New walkers Free. Donations appreciated.

**SPECIAL PROGRAMS:** Co: SClar, LFL, R-to-T, WwW

**DESCRIPTION:** Walk the gentle hills of beautiful Alum Rock Park overlooking San Jose the Saturday before the 4<sup>th</sup> of July. The 3 loop choices are on paved and packed dirt trails. The 5k has the best views of Silicon Valley while the others add historic locations in the park and on the creek side trail.

**JOIN Us** for a hot dog on the patio at the Start/Finish.

Serving starts at 11:30 am



**CONTACT:** Chris or Holly at 408-859-7978

Email Chris at [chris@zegelin.com](mailto:chris@zegelin.com) or

Holly at [ilex56@yahoo.com](mailto:ilex56@yahoo.com)

**DIRECTIONS:** From either south or north on 280, take the Alum Rock Ave. exit towards the hills (east). Cross White Rd and continue about 2 miles toward the hills. Pass the Mt. Hamilton exit and go 300 yards further. We are on the right at the next intersection. Look for a low brick wall on the corner. Parking is street-side starting at the Mt. Hamilton turnoff.

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\*\* REMINDER: 8/10 - Deadline for 4th Q 2022 COMPASS Articles \*\*



**Ice Cream Walk!  
Sacramento, CA  
August 10 & 11**



**SPECIAL PROGRAMS:** WwW, 50St, 51Cap

**SANCTION:** #PA22/121635; Credit Only

**SPONSOR:** Sacramento Walking Sticks

**LOCATION:** Vic's Ice Cream, 3199 Riverside Boulevard, Sacramento, CA 95818-3754

**START TIMES:** Wed: 6:00 pm – 7:00 pm  
Thur: 9:00 am - 10:00 am

**FINISH TIMES:** Wed: 10:00 pm, Thur: 1:00 pm

**DISTANCES:** 5K and 10K; Both RATED 1A

**TRAIL DESCRIPTION:** Visit two of Sacramento's finest Ice Creameries in the Land Park and Curtis Park neighborhoods: Vic's and Gunther's. This will be a shady stroll through upscale neighborhoods with classic 20's and 30's homes. Restrooms and water along the route, pets fine on leash with cleanup, outside seating available at creameries. Wheelchairs may find some of the curbs difficult, but strollers okay.

**MISCELLANEOUS:** Check our website for updates [www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org).

**CONTACT:** Barbara Nuss, 916.283.4650, [nussb@surewest.net](mailto:nussb@surewest.net); or Steve Hughart, 916.616.7150

**DIRECTIONS:** From Business 80/US 50 eastbound: take the 15th St Exit and turn right. Turn right on Broadway. Turn left on Riverside Blvd. From Business 80/US 50 westbound: take the 16th St Exit (stay in left lane of exit). Take W St to 15th St (one block) and turn left. Turn right on Broadway. Turn left on Riverside Blvd.



\*\* DEADLINE: 8/15 - SUBSCRIBE TO THE LAST COMPASS issue in 2022 \*\*

**LOOK WHO'S WALKING**

Below are the walkers who reached Event milestones as of publication time of the June, 2022 issue of *The American Wanderer*. Give them a high 5 when you see them on the trail!

Name	Total Events
Theresa Peppers	200 Events
Christine Williams	225 Events
Marilyn Nasi	1,000 Events
Carole Soenke	1,000 Events
John Glass	1,250 Events
Suzi Glass	1,700 Events
Dorothy Schwieger	2,700 Events

**LOOK WHO'S WALKING**

The latest edition of *The American Wanderer* noted the mileage achievements of those persevering on the trails. Please congratulate those who "go the distance"!

Name	Distance
William Diaz	1,500 km
Diane Goldman	2,000 km
David Singer	2,000 km
Marilyn Nasi	10,000 km
Suzi Glass	19,000 km



## The COMPASS

Subscribe for the

last issue 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 last issue of \$3.75, payable to CVA, and due by August 15<sup>th</sup> to ensure you will receive the final issue of 2022. Please fill in the form:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State & Zip code +4 \_\_\_\_\_

Phone: \_\_\_\_\_ Club: \_\_\_\_\_

Email: \_\_\_\_\_

Please check:  New  Renew  
 Address change

**By August 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 530.848.5362 or email her at [jeanb@dcn.org](mailto:jeanb@dcn.org)

Thank you!

The San Francisco Bay Bandits invite you to a long walk on the beach!

## The Pacific(a) Coast



**SATURDAY, Sept. 10, 2022**

Sanction: #PA22/121634

Location: Palmetto Ave. & Surf St.  
Pacifica, CA 94044

Start: 9:00 am to Noon; Finish: 3:00 pm

Distances & Trail Ratings: 10k – 2C & 6k – 1B. On sidewalks and dirt trails. Not suitable for wheelchairs or strollers.

Request reroute at registration.

Fee: \$3.00 for credit and non-IVV. New walkers FREE. Donations appreciated!

Special Programs: LF, May, TH/CH, USA.

Miscellaneous: On-street parking. Restrooms along route. See Directions for start restroom.

Bring water. Restaurants/picnic opportunities along routes. Hiking poles recommended for ¼ mi of the 10K. Dogs on leash fine with clean-up.

Description: Occupied before & after the Spanish discovery of the Bay, it became "Pacifica" in 1957 when it was named from a contest and incorporated. Its relative isolation gives it a small town feel & its beautiful location is renewing. Enjoy the amazing views as you stand on Mori Point looking out over the vast Pacific Ocean. Walk along the coastal trail, golf course on your right, while powerful waves crash onto the beach. See the 9/11 memorial garden & descend the Bootlegger's Steps. Enjoy the charming "downtown" & delightful Rockaway Beach.

Pacifica will surprise you.

Contact: Mary Bond: [bondsf@gmail.com](mailto:bondsf@gmail.com) or 415-336-0609 to leave a message. Will answer walk day.

Directions: For GPS use "Safeway, Manor Plaza, Pacifica CA" (for first restroom access), then/or "Ingrid B Lacy School" for Start Point (Palmetto & Surf).

Following are directions to RR (Safeway), then the Start:  
**FROM SO** – I-280N to Exit 41, Skyline & Pacifica. 3+ mi To turn Left on Manor Dr. Pass Palmetto Ave & Right into Manor Plaza & Safeway. See ALL. **FROM EAST** – Cross Bay Bridge & use right lanes to take Exit 431 to I-280S, Daly City, then keep Left. In about 6 mi keep Right, follow signs for CA-1S and Pacifica, Exit 47B. 2+ mi & take Exit 507, Palmetto Ave, stay Left. Turn Right on Manor Dr and enter Manor Plaza & Safeway. See ALL. **FROM NO** – Cross GG Bridge & take Exit 438, 19<sup>th</sup> Ave, GG Park. About 8 mi merge onto I-280S and move Right to Exit 47B, CA-1S & Pacifica. 2+ mi & take Exit 507, Palmetto Ave, stay Left. Turn Right on Manor Dr and enter Manor Plaza Safeway. See ALL. **ALL**: Return to intersection, turn Right onto Palmetto, about 1 mi to Surf St & Start Point.

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**FROM**  
**California Volkssport Association**  
**Suzi Glass, Editor**  
**3315-1/2 Cherryland Ave.**  
**Stockton, CA 95215**

**NON-PROFIT ORG**  
**U.S. POSTAGE**  
**PAID**  
**Permit #25**  
**Auburn CA 95603**

**YEAR ROUND & SEASONAL EVENT  
 CHANGES SINCE Q2 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.**

**Carmichael --Co: Sac - walk Hidden Parks (Y2418)** start  
 SaveMart Crestview Village Shopping Center, 4708  
 Manzanita Ave. Carmichael, CA 95608 POC Myrna  
 Jackson 916.481.6714, by SWS

**Orcutt--Co: SB -walk Old Town Orcutt (Y2489)** start:  
 OASIS Senior Center, 420 Soares Ave., Orcutt, CA 93455.  
 POC: Ty Fredriks 805.714.1552 by CCBB

**Sacramento - Co: Sac - 2 walks: Curtis Park (Y0968) and  
 Land Park (Y1039)** start Sprouts Farmers Market, 4408  
 Del Rio Rd, Sacramento, CA 95822. POC: Jennifer  
 Stanley 415.516.5671 by SWS.

**Sacramento - Co: Sac - walk River and Miller Park  
 (Y0938)** start remote registration only -phone or email  
 POC: Jennifer Stanley 415.516.5671 or  
 stansylph@aol.com by SWS.

**San Diego - Co: SD - Balboa Park/Downtown walk  
 (Y0852)** start: Wyndham Bayside Hotel, 1355 North  
 Harbor Dr., San Diego, CA 92101 POC: Maureen Carlson  
 909.227.5319, by LDR

**San Francisco - Co: SF - walk Land's End and Beyond  
 (Y1943)** start: Seal Rock Inn, 545 Pt. Lobos @48th Ave,  
 San Francisco, CA 94121. Knock on door to Registration  
 Desk--clerk will let you in and hand you the folder.  
 POC: P. Fife 916.616.6003 by SFBB

<i>Third Quarter, 2022 California Events</i>					
No.	Date(s)	Event	Club	Location	County
1	07/02	W	SBS	San Jose - Alum Rock Park: Hills & Hot Dogs	SCLar
	08/10		All	COMPASS Articles due for 4th quarter issue	
2	08/10 & 08/11	W	SWS	Sacramento - Ice Cream Walks	Sac
	08/15		All	COMPASS deadline to subscribe for the last quarter of 2022	Sac
3	09/10	W	SFBB	Pacifica - The Pacific(a) Coast: Making Waves	SMAat

