

# *The* *COMPASS*

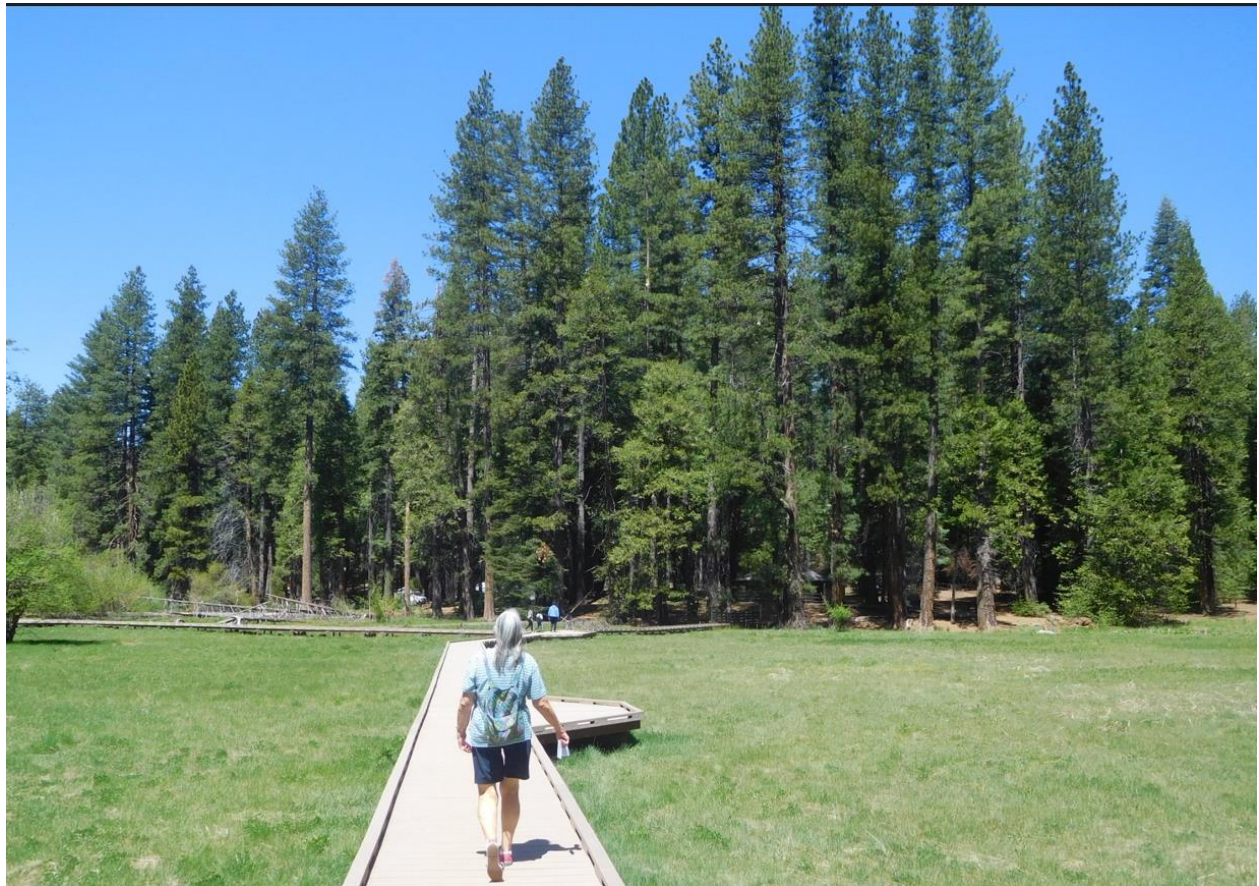
A Publication of the *California Volkssport Association*

*October*

*November*

*December*

*2022*



Exploring Calaveras Big Trees State Park on the walk sponsored by the Delta Tule Trekkers. Thanks for the photo, Steve & Janis Dmytriw!



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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.***

### AVA Executive Council

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#### COMPASS Article Deadlines

**November 10** for Jan., Feb. & March events

**February 10** for April, May & June events

**May 10** for July, August & September

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

send to

Suzi Glass: glass2walk@gmail.com

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## ***Starter Page for NEW Walkers***

### **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

|  |  |   |
|--|--|---|
| <b>CB:</b> Coronado Beachcombers<br>Herman Husbands 619-287-0560<br>6375 Elmhurst Drive<br>San Diego, CA 92120-3957<br>eagleherm@aol.com   | <b>CCBB:</b> Central Coast Beach Boardwalkers<br>Ty Fredriks (805) 937-3800<br>847 Blake Street,<br>Santa Maria, CA 93455-4956<br>ty@beachboardwalkers.org | <b>DTT:</b> Delta Tule Trekkers<br>Cathy Pauley 915-479-1060<br>3315-1/2 Cherryland Ave.<br>Stockton, CA 95215<br>president@deltatuletrekkers.org   |
| <b>GVG:</b> Green Valley Gaiters<br>Bob Gebo 951-924-2208<br>P.O. Box 406<br>Calimesa, CA 92320<br>robertgebo@aol.com  | <b>LDR:</b> Low Desert Roadrunners<br>Kathy Bundy 951-218-3755<br>P.O. Box 416<br>Wildomar, CA 92595<br>bunznkatz7@gmail.com                               | <b>PP:</b> Placer Pacers<br>Don Ratliff 916-645-8280<br>P.O. Box 142<br>Auburn, CA 95604<br>dratliff1515@gmail.com                                  |
| <b>SBS:</b> South Bay Striders<br>Chris Zegelin 408-259-5157<br>15680 Alum Rock Ave.<br>San Jose, CA 95127<br>chris@zegelin.com  | <b>SCS:</b> Sonoma County Stompers<br>Marilyn Nasi 707-539-8083<br>110 Valley Lakes Drive<br>Santa Rosa, CA 95409<br>mbnasi91@comcast.net                  | <b>SFBB:</b> San Francisco Bay Bandits<br>Priscilla Fife 916-616-6003<br>2241 Pacific Ave., #B<br>Alameda, CA 94501<br>sfbaybandits@aol.com         |
| <b>SWS:</b> Sacramento Walking Sticks<br>Barbara Nuss 916-283-4650<br>P.O. Box 277303<br>Sacramento, CA 95827-7303<br>nussb@surewest.net   | <b>TTT:</b> Tahoe Trail Trekkers<br>Betsy McDevitt 530-412-4453<br>371 Cuckoo Court<br>Applegate, CA 95703<br>betsywalks@gmail.com                         | <b>VVV:</b> Vaca Valley Volks<br>Tom Smith (707) 449-0574<br>848 Stonegate Court<br>Vacaville, CA 95687<br>smithkey78@gmail.com                     |
| <b>CVA OFFICERS</b><br><b>President</b><br>Cathy Pauley 915-479-1060<br>3315-1/2 Cherryland Avenue<br>Stockton, CA 95215<br>President@CVA4u.org  | <b>Secretary</b><br>Diane Gomes 209-815-6042<br>1264 Sprague Street<br>Manteca, CA 95336<br>dgomes2over@yahoo.com  | <b>Treasurer</b><br>Steve Hughart 916-616-7150<br>P. O. Box 277303<br>Sacramento, CA 95827<br>hugharts@sbcglobal.net                                |
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| <b>COMPASS SUBSCRIPTION DEADLINES</b><br><b>Subscribe by November 15th for all 4 issues in 2023</b><br>Subscribe by February 15th for 3 issues in 2023<br>Subscribe by May 15th for 2 issues in 2023<br>Subscribe by August 15th for the final issue in 2023 |  | <b>Webmaster:</b><br>Judy Gregory 916-539-0833<br>3356 Balada Way<br>Rancho Cordova, CA 95670<br>californiavolks2019@gmail.com                      |

Message from the Prez, Cathy Pauley

Hi Fellow Walk Enthusiasts,

I should know that when you recognize people, someone gets left off and then you have to wait three months to correct that mistake. I thanked a bunch of folks for stepping up as officers – either first term or second term and I left off Priscilla Pife, who not only stepped up as nominee committee chair, but then stepped down as chair, and accepted the nomination for VP Central. I am very thankful to have her as 1<sup>st</sup> Vice President. I also want to thank those who serve at the pleasure of the President – Webmaster Judy Gregory, *The COMPASS* staff: Editor Suzi Glass, Business Editor Jill Simmons, and Mailing and Subscription Manager Jean Lucas for saying “Yes” to continuing to serve.

After receiving a trunk-full of boxes and binders from Betsy, I realize we have a treasure trove of items. I hope to send an email at some point with a list of items your club may want. I also want to extend an invitation to loan out the CVA feather banner to any club who has a walk where you want to include CVA. Just email me and I will ship it to you.

I have become a quick learner of the ESR system – not only as a club president but as the one who approves your walks at the state level. I feel very confident now on using the system and will gladly walk anyone through it who needs help. Thank you to Carl for teaching me.

As you receive this edition, you should have had all your year-round walks re-sanctioned. Please submit your 1<sup>st</sup> Quarter 2023 walks so we can get them approved. Then you will have a sanction number for *The COMPASS* ad and receive your stamp on time.

Caswell Park is getting a make-over so you will see the Delta Tule Trekkers ad for its Spooky Winery Walk at Heritage Oak Winery on Oct. 29 in its place. And the week before you can enjoy scarecrows at Cambria!

Finally, please register for the 18<sup>th</sup> IVV Olympiad & IML Texas Trail Roundup if you have not done so. Let’s support our region with high attendance ([ivvolympiad2023.org](http://ivvolympiad2023.org)). Get those room reservations in as well.

Happy Oktoberfest, Thanksgiving, Christmas and all those holidays you celebrate. See you on the trails!

Your President, Cathy



\*\*\*\*\*

#### 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.DeltaTuleTrekkers.org](http://www.DeltaTuleTrekkers.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.TahoeTrailTrekkers.org](http://www.TahoeTrailTrekkers.org)

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

# 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.

| <b><i>PROGRAMS</i></b> |  |                    |
|------------------------|--|--------------------|
| <b><u>Abbrev.</u></b>  | <b><u>Name of Program</u></b>                              | <b><u>Ends</u></b> |
| 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.

| <b>Part 1 – INCLINE/ELEVATION</b>  | <b>Part 2 - TERRAIN</b>  |
|--|--|
| 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.   |

## YEAR ROUND & SEASONAL EVENT CHANGES SINCE THE LAST ISSUE

**Call the POC or check the AVA website ([my.ava.org/events](http://my.ava.org/events)) for the latest information.**  
**OSB = Online Start Box. Start at [my.ava.org](http://my.ava.org).**

**Olympic Valley - Co: Pla - seasonal walk 05/01/22 - 11/30/22**  
**Sqaw Valley - John Daegling Memorial (Y1785)** start: The Village at Palisades Tahoe, 1750 Village East Road, Olympic Valley, CA 96146. POC: Lynn Booth 209.614.4310, by TTT

**Palm Springs - Co: Riv - 2 walks Celebrity walk (Y1887) and Park Trail (Y0724)** start: OSB only, POC: Sue Obradovitz 951.333.6806, by LDR

**Petaluma - Co: Son - walk Historic Petaluma (Y0233)** start: CVS Drug Store, 365 E. Washington, Petaluma, CA 94952. POC: Don & Sue Deal 707.762.4148, by SCS

**Riverside - Co: Riv - walk Riverside County (Y1478)** - start: OSB or Riverside Community Hospital, 4445 Magnolia, Riverside, CA 92501. POC: Sue Obradovitz 951.333.6806 by LDR

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

**San Francisco - Co: SF - 2 walks SF Maritime (Y1479) and Presidio & Golden Gate Bridge (Y1564)** start: only available by email at [SFBayBandits@aol.com](mailto:SFBayBandits@aol.com). POC: P. Fife by SFBB.

**San Jose - Co: SCLar - walk Historical Downtown & University (Y0240)** - start: OSB or temporary PSB at Campbell Inn, 675 East Campbell Ave, Campbell, CA 95008. POC: Suzi Glass 408.492.3935 by SBS

**Santa Cruz - Co: SCruz - walk Natural Bridges (Y0328)** start: Togo's Sandwich Shop, 902 Ocean St, Santa Cruz, CA 95060 POC: Holly Pelking 408.859.7978 by SBS

**Sebastopol - Co: Son - walk near Santa Rosa (Y0973)** start: CVS Pharmacy, 6877 Sebastopol Ave, Sebastopol, CA 95472. POC: Marilyn Nasi 707.486.8528 by SCS

WALK 5 or 10 k in  
**SANTA ROSA, CA**  
**Pacific Coast Air Museum**  
**OCTOBER 8, 2022**



**'Top Gun? Maverick?'**



Sanction: #PA22/121607

**Sponsor:** Sonoma County Stompers

**Start Point:** One Air Museum Way  
 Santa Rosa, Ca 95403

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

**Special Programs:** Air, USA – S, WwW - S

**Trail Rating:** 10K and 5K; both 1A

**Trail:** The walk will take you past the Charles Schulz-Sonoma County Airport with its Peanuts Characters décor inside and out and past modern light industrial facilities and medical buildings. The museum will be free to walk participants, but donations would be accepted. A patch or pin will be given to each registered walker. There are 3 acres of displayed aircraft, including one of the first aircraft to respond to N.Y.C. on 9/11. Also, the aircraft seen in the 'Top Gun' movies are there along with some foreign military aircraft.

**Fees:** \$3.00 for AVA Credit and non IVV walkers. New walkers free. Donations appreciated.

**Miscellaneous:** Water and restrooms are available at the start/finish. Pets are not allowed. Strollers would have moderate difficulty, while wheelchairs would have a difficult time. Parking is available at the start location.

**Contact:** Marilyn Nasi 707.486.8528 (cell phone)  
 mbnasi91@comcast.net

**Directions:** From the South – Heading NORTH on Hwy 101, out of Santa Rosa take the Airport Blvd. exit. At the light, go LEFT on Airport Blvd. Proceed west about 1.5 miles to N. Laughlin Rd. LEFT on N. Laughlin Rd. approx. ¼ mile to Becker Rd. RIGHT on Becker Rd. approx. 100 yards to Air Museum Way. Small parking lot, or on street parking available. From the North- Going SOUTH on Hwy 101 toward Santa Rosa take the Airport Blvd exit. At the light, go RIGHT onto Airport Blvd. and follow directions above (proceed west about 1.5 miles).

# IT'S TIME!



*Renew or Subscribe to  
 The COMPASS  
 for All of 2023*

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 all 4 issues is \$15, payable to CVA.

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

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

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

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

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

Please check: ☐ New ☐ Renew  
☐ Address change

**By November 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 Central Coast Beach Boardwalkers present:*  
**Scarecrows & The Elusive “E”**  
(with a little coastline thrown in for good measure)



**Walk in Cambria and Experience the Estero Bluffs**  
**Saturday, October 22 and Sunday, October 23**  
**5K/10K in both towns. Scarecrows and Moonstone Beach on Saturday;**  
**Coastal Cayucos and the Estero Bluffs State Park on Sunday!**

**Saturday**

**Start Location:** The Bluebird Inn, 1880 Main St, Cambria, CA 93428.  
**Start:** 8:00 a.m.- 12 p.m. / **Finish** by 3:00 p.m.  
**Trail Ratings:** 5k:1A 10k:2A  
**Special Programs:** Clock, Vet, WwW – C, USA

**Sunday**

**Start Location:** Cayucos Pier Parking Lot, N. Ocean Ave & Ocean Front Ave, Cayucos, CA 93430  
**Start:** 8:00 a.m.- 11:00 a.m. / **Finish** by 2:00 p.m.  
**Trail Ratings:** 5k:1B 10k:1B with 1A alternate  
**Special Programs:** TH/CH, WwW – E, USA

**Routes:** With just one day in Cambria, we had to bring the best of all of our walks! Our 10K combines most of the scarecrows with our gorgeous Moonstone Beach Boardwalk/Santa Rosa Creek Nature Walk. Plus, two 5K options give a choice of city or nature to our 3-mile walkers. (Sanction: #PA22/119317).

**Come see the REAL California Coast:** Estero Bluffs State Park was created to give visitors an opportunity to experience undeveloped, natural coastline. Walk along paths just feet from ragged cliffs housing abundant marine and bird wildlife. From the CA State Parks website: “The property’s rich diversity of habitat types includes marine, intertidal, estuarine, riverine, coastal salt marsh, freshwater marsh, coastal foredune, coastal and riparian scrub and grassland, collectively providing habitat for a number of endangered species, including the snowy plover.” Come explore California’s beauty! (Sanction: #PA22/121762). As mentioned above, our Sunday walk gifts you with pristine scenic coastline ... ALMOST! Nestled in the rocks is an actual fishing boat shipwreck that ran aground in 2017. During low tide (and with some adept climbing skills), visitors can actually reach and board the shipwreck (definitely would change the trail rating!). Along with beautiful coastline, Cayucos also offers a quaint seaside village. Shops, cafes, seaside homes, and the famous Brown Butter Cookie Company delight guests in this cute California town.

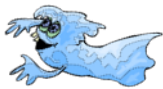
**Miscellaneous:** Wheelchairs and strollers not advised on the second half of the Cambria Combined Walk or the Bluffs (alternate routes are available). Dogs ok everywhere with leash and cleanup. Restrooms and water available on both routes.

**Fees & Rooms:** Credit is \$3.00 per event, or you may walk for free if no credit is desired. Special discounted room rate available at the Bluebird Inn. Limited pet-friendly room availability; call 805-927-4634 and say you are with the walking club.

**Pre-registration:** An evening no-host dinner will be held for up to 30 walkers at Linn’s Restaurant at 6:00 pm on Saturday, October 22<sup>nd</sup>. Please sign up on this Google Form by Oct 19 so we may give staff an approximate head-count (diners must pre-register... no walk-ups will be allowed) <http://bit.ly/CambriaWalkDinner> or email Ty with names.

**Additional Information:** Call/text or email the POC Ty Fredriks at 805-714-1552 or [tyvandinger@gmail.com](mailto:tyvandinger@gmail.com).  
**Lodging resources:** <https://cambriachamber.org/> or <https://www.templetonchamber.com/>

**Driving Directions Cambria:** 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. **Driving Directions Cayucos:** Templeton Park, 6<sup>th</sup> & Crocker, Templeton, CA 93465. Highway 101 North or South. Exit Vineyard Dr (Exit 224). Turn Right to first left on Old County Road. Go 0.4 mi to 6<sup>th</sup>, turn Right and park is on left. Park your car on 6<sup>th</sup> or Crocker.



The Delta Tule Trekkers Invite you to take a . . .

## Spooky Winery Walk

**October 29, 2022**

Sanction: #PA22/122419

**Start Location:** Heritage Oak Winery,  
10112 E. Woodbridge Rd., Acampo, CA 95220

**Start:** 8:30 a.m. to 12 p.m. **Finish** by 3 p.m.

**Distance:** 10K and 5K **Trail Rating:** 2-B

**Fee:** Credit only \$3.00. First time walkers free.

**Special Programs:** Co: S J, WWW.

**Description:** A Halloween themed walk along grapevine orchards, majestic oak-lined trails and paved country roads. Two more wineries are along our walk route. Beware, ghosts and goblins may be lurking along the way. We'll have a costume contest with prizes for the best. Bring a sack lunch and enjoy a glass of wine if you desire. Wine tasting available.

**Miscellaneous:** Wheelchairs and strollers to do 5K walk. Water and restrooms at the start and along the trail. Dogs on leash o.k. with clean-up.

**Additional Information:** Contact: Joan Sykes,  
[DeltaTuleTrekkers@inreach.com](mailto:DeltaTuleTrekkers@inreach.com) or  
412-337-2538

### Directions:

#### From North of Acampo,

Follow **Hwy. 99** South to Exit #269, Acampo Rd. Left on Acampo to Buck Rd. Right on Buck Rd. Buck Rd. turns left and becomes East Woodbridge Rd. Heritage Oak winery is a short distance on the right.

**From South of Acampo:** North on Hwy 99 to Victor Rd., Hwy 12 EAST. Right on Victor to Bruella Rd. Left on Bruella to E. Orchard Rd. Right on E. Orchard to Buck Rd. Right on Buck as it turns left and becomes E. Woodbridge Rd. Heritage Oak Winery is a short distance on the right.

\*\*REMINDER: 11/10 - Deadline for 1st Q 2023 COMPASS Articles\*\*



SF Bay Bandits Invite you to



## San Francisco in the Movies

**11K/5K Walks**

**Saturday, November, 12**

Sanction: #PA22/122527

**LOCATION:** McLaren Park, Jerry Garcia Amphitheater Parking Lot,  
40 John Shelly Dr., S.F. 94134

**START:** 9:00 AM to 12:00 PM **FINISH:** By 3 PM

**TRAIL RATING:** Rated a 3-B, mostly paved sidewalks (some steep) dirt paths on park trails. May be difficult for wheelchairs and strollers.

An easier 5K route will be offered.

**DESCRIPTION:** McLaren Park is one of the largest in S.F.'s park system (317 acres) with natural areas and spectacular views. It has been the backdrop for the films "Streets of San Francisco" and Bullitt.

**FEE:** AVA Credit \$3. Open to everyone may walk for free.

**SPECIAL PROGRAMS:** Co: SF, WWW.

**MISCELLANEOUS:** Restrooms/water along the route. Pets ok on leash with clean-up.

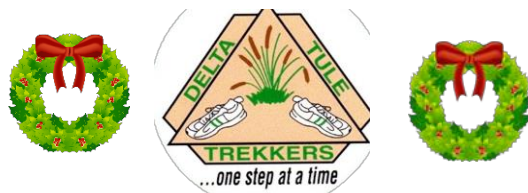
**CONTACT:** Lui Yakas (415) 385-4481 or  
[SFBayBandits@aol.com](mailto:SFBayBandits@aol.com)

**DIRECTIONS:** **NORTH BAY/EAST BAY:** 101 S. Paul Ave. exit, straight to Mansell ~ 1/2 mile to Shelley Dr, turn right., parking lot will be to your left. **SOUTH BAY:** 101 North - Paul Ave (429C) exit onto Bayshore Blvd. Continue to Paul Ave, left on Paul Ave., left on San Bruno Ave (1 block). Right on Mansell to Shelley Dr and turn right. Parking lot will be to your left.





The Delta Tule Trekkers Invite you to  
A Holiday Walk at Sutter Creek



Sanction: #PA22/122529

**December 3, 2022**

**Registration/Start Location:** Parking lot at 18 Eureka St., Sutter Creek, CA

**Start time:** 8:30 a.m. to 12 p.m. **Finish** by 3 p.m.  
**Distance:** 5k and 10k **Trail Ratings:** 2B – both

**Fee:** Credit only \$3.00 First time walkers free.  
**Special Programs:** LFL, TH/CH, Vet, WwW, USA

**Description:** A beautiful walk through a Gold Rush era town filled with history. The Miners Bend Park is along our route as well as some other hilly streets giving our legs a bit of a stretch. Many unique shops for that special gift, and many eateries along the way. The entire town will be decked out for the Holiday season reminding us of the reason we celebrate this time of year.

**Miscellaneous:** Wheelchairs and strollers not recommended on this walk. Restrooms and water at the start and along the route. An adult must sign for and accompany a minor. Dogs welcome on leash and must pick-up after them.

**Contact:** Wanda Martin 209-565-7729, or e-mail [deltatuletrekkers@inreach.com](mailto:deltatuletrekkers@inreach.com).

**Directions:** From Stockton, Hwy 99, Exit #255, follow Waterloo Rd. Hwy 88 East through Lockeford and Clements. A short distance past Clements, Hwy 88 will turn left. Continue Hwy 88 about 15 miles to Ridge Rd. Hwy 104 (traffic light). Left on Ridge Rd. one mile to Hwy 49. Left on Hwy 49 keeping in right-most lane a very short distance to Old Hwy 49. Right on Old Hwy 49 down into Sutter Creek, now on Main St. The City Hall/Auditorium is on the right, Continue Main St., one block to Eureka St. Right on Eureka St. to parking lot on right. Look for AVA WALK sign. If parking lot is full, return to Main St., left to Church St. and left on Church into parking lot.



The South Bay Striders invite you to WALK

## PACIFIC GROVE & MONTEREY

**SATURDAY, DECEMBER 10**

Sanction: #PA22/122013

**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:** 6k/11k TRAIL RATED 1B-uneven walkways.

**FEE:** \$3 for credit and non-IVV; new walkers Free.

**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 first 6k route and grab dinner.

Return to Monterey, and be ready at 4:00 pm to pick up your wristband at one of the 3 Monterey will call locations. Be ready by 5:00 pm to begin Christmas in the Adobes.

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

**Special Programs:** Co: Mont, LFL

**MONTEREY: CHRISTMAS IN THE ADOBES** is

Monterey's annual step back into the time of Spanish and early Californian history when Monterey was a bustling city and thriving port. Starting October 14, tickets may be purchased online or in person at the Custom House Store or the Pacific House of the Monterey State Historic Park (<https://www.mshpa.org/christmasintheadobes>). Adult tickets: \$25, children 12 & under: Free.

At will call walkers receive wristbands that allow you to enter more than 15 of the 19<sup>th</sup> century adobes decorated for the holidays, lit by luminaria, staffed by docents in period clothing and offering knowledge, crafts, music and some refreshments.

**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:** Co: Mont, R-to-T, TH/CH, WwW - M.

**CONTACT:** Chris Zegelin 408.529.9724, [chris@zegelin.com](mailto: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.



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

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### *Fourth Quarter, 2022 California Events*

| No. | Date  | Event | Club | Location   | County |
|-----|-------|-------|------|--|--------|
| 1   | 10/08 | W     | SCS  | Santa Rosa - Pacific Coast Air Museum              | Son    |
| 2   | 10/22 | W     | CCBB | Cambria - Scarecrows & Moonstone Beach             | SLO    |
| 3   | 10/23 | W     | CCBB | Cayucos & Estero Bluffs State Park                 | SLO    |
| 4   | 10/29 | W     | DTT  | Acampo - Spooky Winery Walk                        | SJ     |
|     | 11/10 |       | All  | COMPASS Articles due for 2023 First Quarter        |        |
| 5   | 11/12 | W     | SFBB | San Francisco --in the Movies                      | SF     |
|     | 11/15 |       | All  | COMPASS deadline to subscribe for 2023             |        |
| 6   | 12/03 | W     | DTT  | Sutter Creek -- A Holiday Walk                     | Ama    |
| 7   | 12/10 | W     | SBS  | Pacific Grove & Monterey-- Christmas in the Adobes | Mont   |

**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 530-412-4453

Delivery possible at upcoming walk events.

### **CVA Event Locations**

