

# *The* *COMPASS*

A Publication of the *California Volkssport Association*

*January*

*February*

*March*

*2023*



Oh, the places you will go, the things you will see walking in 2023!

Walks shown above San Francisco YRE, Cambria Scarecrow, Wildomar Veteran's Day Parade & Acampo Spooky Winery Walk.



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



**Subscribe**

**Renew**

## CONTENTS, AVA VISION, MISSION & OFFICERS

CONTENTS	PAGES
Contents, AVA Vision, Mission & Officers	2
New Walker Information	3
CA Club Contacts & CVA Officers	4
Message from the Prez	5
General Information	6
Trail Ratings, Special Programs	7
Look Who's Walking, Websites	8
Events: January, February & March	9
COMPASS Subscription	10
18th Olympiad Flyer	11
CVA Convention, Around the Pacific Region	12
Year Round Events	14
2023 1st Quarter Events & Map	20



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

***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

**Chair of the Board, Nancy Wittenberg**, chair@ava.org  
12626 - 129th Street E., Puyallup, WA 98374  
Phone: 253-208-1331

**Vice-Chair, Susan Medlin**, vice\_chair@ava.org  
12527 Fern Creek, San Antonio, TX 78253  
Phone: 210-325-3523

**Secretary, Cecelia Miner**, secretary@ava.org  
6512 Manet Court, Woodbridge, VA 22193  
Phone: 571-212-0329

**Finance Chair, Ed McCabe**, finance\_chair@ava.org  
109 Horseshoe Drive, Dripping Springs, TX 78620  
Email: emccabe1234@gmail.com

**Pacific Regional Director, Carl Cordes**, pa\_rd@ava.org  
2250 Knoll Crest Ave., North Las Vegas, NV 89032  
Phone: 702-540-6632

**Pacific Deputy Regional Director, Suzi Glass**,  
pa\_drd@ava.org  
5562 Vassar Drive, San Jose, CA 95118  
Cell: 408-592-3935

**National Headquarters Executive Director  
Henry Rosales**, execdir@ava.org  
National Office  
1008 South Alamo Street  
San Antonio, TX 78210  
Phone: 210-659-2112

#### COMPASS Article Deadlines

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

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

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

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

send to

Suzi Glass: glass2walk@gmail.com

**Renew**

**Subscribe see Page 10**



## ***NEW Walkers Begin 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 12 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- America's Walking Club), 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" (see pages 14-19), 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 2023, the Convention will take place May 5, 6 and 7.

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 the events and clubs within the nation.



## 2023 CVA CONTACTS: CALIFORNIA CLUB & CVA OFFICERS

<b>CB:</b> Coronado Beachcombers Herman Husbands 619.287.0560 6375 Elmhurst Drive San Diego, CA 92120-3957 eagleherm@aol.com	<b>CCBB:</b> Central Coast Beach Boardwalkers Ty Fredriks 805.937.3800 847 Blake Street, Santa Maria, CA 93455-4956 ty@beachboardwalkers.org	<b>DTT:</b> Delta Tule Trekkers Cathy Pauley 915.479.1060 3315-1/2 Cherryland Ave. Stockton, CA 95215 president@deltatuletrekkers.org
<b>LDR:</b> Low Desert Roadrunners Kathy Bundy 951.218.3755 P.O. Box 416 Wildomar, CA 92595 bunznkatz7@gmail.com	<b>PP:</b> Placer Pacers Bruce McDevitt 530.412.4452 371 Cuckoo Court Applegate, CA 95703 Walknsail@gmail.com	<b>SBS:</b> South Bay Striders Chris Zegelin 408.529.9724 15680 Alum Rock Ave. San Jose, CA 95127 chris@zegelin.com
<b>SCS:</b> Sonoma County Stompers Marilyn Nasi 707.539.8083 110 Valley Lakes Drive Santa Rosa, CA 95409 mbnasi91@comcast.net	<b>SFBB:</b> San Francisco Bay Bandits Priscilla Fife 916.616.6003 2241 Pacific Ave., #B Alameda, CA 94501 sfbaybandits@aol.com	<b>SWS:</b> Sacramento Walking Sticks Barbara Nuss 916.283.4650 P.O. Box 277303 Sacramento, CA 95827-7303 nussb@surewest.net
<b>TTT:</b> Tahoe Trail Trekkers Betsy McDevitt 530.412.4453 371 Cuckoo Court Applegate, CA 95703 betsywalks@gmail.com		<b>VVV:</b> Vaca Valley Volks Tom Smith 707.449.0574 848 Stonegate Court Vacaville, CA 95687 smithkey78@gmail.com
CVA OFFICERS		
<b>President</b> Cathy Pauley 915.479.1060 3315-1/2 Cherryland Avenue Stockton, CA 95215 President@CVA4u.org	<b>Secretary</b> Diane Gomes 209.815.6042 1264 Sprague Street Manteca, CA 95336 dgomes2over@yahoo.com	<b>Treasurer</b> Steve Hughart 916.616.7150 P. O. Box 277303 Sacramento, CA 95827 hugharts@sbcglobal.net
<b>Vice President, North</b> Heidi Foster 916.792.1720 8887 Bluff Lane Fair Oaks, CA 95628 heidwalks@sbcglobal.net	<b>Vice President, Central</b> <b>Priscilla Fife</b> 916-616-6003 2241 Pacific Avenue #B Alameda, CA 94501 VP-Central@CVA4u.org	<b>Vice President, South</b> Maureen Carlson 909.227.5319 30268 Gulf Stream Dr. Canyon Lake, CA, 92587 mwoodchem@yahoo.com
<b>The COMPASS Staff</b> <b>Editor</b> Suzi Glass 408.592.3935 5562 Vassar Drive San Jose, CA 95118 glass2walk@gmail.com	<b>Business Editor</b> Jill Simmons 707.448.5148 304 Creekview Court Vacaville, CA 95688-5318 jillmail@sbcglobal.net	<b>Mailing List, Donations &amp; COMPASS Subscriptions</b> Jean Lucas 530.848.5362 2423 Regis Drive, Davis, CA 95618-2543 jeanb@dcn.org
<b>COMPASS SUBSCRIPTION DEADLINES</b> <b>Subscribe by February 15th for 3 issues in 2023</b> Subscribe by May 15th for 2 issues in 2023 Subscribe by August 15 for the last issue in 2023 Subscribe by November 15 for all 4 issues in 2024		<b>Webmaster:</b> Judy Gregory 916.539.0833 3356 Balada Way Rancho Cordova, CA 95670 californiavalks2019@gmail.com

Message from the Prez, Cathy Pauley

Hi Fellow Walk Enthusiasts,

Happy New Year to All! We are approaching the 18<sup>th</sup> IVV Olympiad and it's exciting to have it in the United States. Thank you to the Pacific Region folks who have signed up – California is No. 3 or No. 4 in most sign-ups.

With the Olympiad in the forefront, and the extra duties for Chris Zegelin, Holly Pelking and Suzi Glass, the South Bay Striders are working hard on securing a venue for the CVA Convention May 5-7, 2023, in their beautiful neck of the woods. One thing we can promise everyone is there will be plenty of great views for the 2023 convention! Watch for information in coming months from the CVA Secretary.

Unfortunately, we have lost another club – Green Valley Gaiters. But I want to give a shout-out and big thanks to Bob Gebo for all the years keeping the club afloat. He is still very active in Southern California and is the VP for the LDR club. The GVG walks have been transferred to LDR and CVA. The changes are reflected in this *Compass* edition. Thank you to LDR for stepping up and taking over some of those year-round walks.

I appreciate all the clubs working hard on getting the TW sanctions requested and *The COMPASS* ads submitted. This quarter, we were late, but a lot of that has to do with my job approving the sanctions as well. I am getting better but still have lots of room for improvement! Thanks to Suzi Glass for her patience!

I am hoping to be fully retired from my federal job by the end of March, so I can enjoy quality time with my granddaughters and more time to adventure on walks. (It is on my bucket list to explore at least three YR walks per California club in 2023-2024).

In closing, I want to explain my photo this quarter. I am a ministry partner with our Comfort Dog team and so I am getting my weekly “comfort” from her at a recent event. My CVA walking is limited in the fall because of my involvement in a disabled adult program I oversee, so I don't have a CVA photo from the Fall.

Your Prez, 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.

# 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.

## SPECIAL EVENT PROGRAMS

Clubs often sponsor Special Event Programs to enhance your walking experiences. Finding that original Town Hall and or realizing that playground qualifies for Par For The Course Program are discoveries that give new perspectives.

Program completers receive an award. Often this is a patch, pin or medallion for participants' hat, backpack or scrapbook. The 17 Special Event Programs for 2023 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 2023* book and on the AVA web page under the 'Events' tab.

### 2023 Special Event Programs

Abbrev	Name of Program	Ends
Air	Airports	2023
AT	Appalachian Trail	2028
BC	Border Crossings	2023
Clock	Rockin' Around the Clock	2022
GL	Great Lakes - Great Fun, Great Fitness, Great Friendships	2023
Light	Lighthouses	2025
Par	Par for the Course	2025
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	2027
WLO	Walk Like an Olympian	2023
WwW	Walking with Woody (California)	2023
50St	50 States	no end
51 Cap	51 Capitals	no end

For programs with ending dates of 2022, you may still turn in competed books and receive awards in 2023.

# LOOK WHO'S WALKING

The list below names the walkers who received Event Awards, as noted in the September and December issues of *The America Wanderer*. Names with a \* earned more than one award. Here is the highest number of Events they completed.

Name	Total Events
Rick McKittrick	75 Events
Jo Billman	150 Events
Janis Dmytriw *	150 Events
Ginger Fredriks	200 Events
Ty Fredriks	200 Events
Theresa Peppers	225 Events
Christine Williams	250 Events
Phyllis Wichelns	375 Events
Bob Gley	450 Events
Theresa Ihara *	550 Events
Debbie Gley	600 Events
Gale Hughart	700 Events
Steve Hughart	750 Events
Heidi Foster *	800 Events
Doug Rathgeb	1,200 Events
Jean Lucas	1,250 Events
Carlos Gama	1,400 Events
Jan Jerabek	1,600 Events
Sue Obradovitz	2,700 Events
Tim Jenkins	3,300 Events
Kathleen Engelhardt *	4,400 Events
Tim Jenkins	70,000 Events

Below are the names of walkers who received Distance Awards, as listed in the September and December issues of *The American Wanderer*. Where you see a \* the person earned more than one award. The greatest number is listed here.

Name	Total KM
Jo Billman	1,000 KM
Janis Dmytriw	1,000 KM
Theresa Peppers	2,000 KM
Christine Williams	2,500 KM
Theresa Ihara	5,500 KM
Heidi Foster *	6,500 KM
Gale Hughart	7,500 KM
Steve Hughart	7,500 KM

## 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)

## California Club Websites

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

DTT: [www.DeltaTuleTrekks.org](http://www.DeltaTuleTrekks.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.TahoeTrailTrekks.org](http://www.TahoeTrailTrekks.org)

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



# HAPPY NEW YEAR



## WALK New Year's Eve and Day Sacramento, CA



**Saturday 12/31/2022** – Sanction #123977

**Sunday 01/01/2023** – Sanction #123978

### Special Programs:

**EVE:** 50St, 51Cap, USA, WwW

**DAY:** 50St, 51Cap, USA, WwW

**Start/Finish:** Pioneer Congregational Church, 2700 L St, Sacramento 95816

**Start Times:** 5:00 pm – 6:00 pm (New Year's Eve) & 9:00 am to Noon (New Year's Day)

**Finish Times:** 9:00 pm (New Year's Eve) & 5:00 pm (New Year's Day)

**Trail Description:** 1A rating. The route will be different 5K (3.1 miles) and 10K (6.2 miles) routes both days. On New Year's Eve you'll walk to the beautiful homes and wonderful lights of the Fab 40's. You'll walk through Midtown and downtown past today's trendy hot spots, entertaining venues and a myriad of boutiques and unusual little businesses. New Year's Day you'll walk through classic old Sacramento neighborhoods you didn't know existed and discover the trendy hotspots of yesterday. Historic notes will be provided. Join the Sticks for refreshments, socializing with friends.

**Miscellaneous:** Restrooms and water are available. Strollers and wheelchairs would have difficulty on New Year's Eve with the curbside dogs on leash with clean-up are welcome they are not allowed inside the church.

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

### Contact:

Barbara Nuss, 916.283.4650, [NussB@SureWest.net](mailto:NussB@SureWest.net) or

Nancy Farmer, 916.421.8464, [FaniFarmer@earthlink.net](mailto:FaniFarmer@earthlink.net)

Club website:

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

### Directions to the Start/Finish:

**From Capitol City Freeway going North:** take the N St exit. At bottom of ramp, bear left onto 30<sup>th</sup> St staying in left lane.

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

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

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



Q  
T  
R  
E  
V  
E  
N  
T  
S

## Lake Elsinore CA Walk It Off!!!

### Summerly Skate Park Walk

January 21<sup>st</sup>, 2023

One Day Only

Sanction #123884

### LOW DESERT ROADRUNNERS



5K/10K Distances

**Start Location & Times:** Summerly Skate Park,

18505 Malaga Rd., Lake Elsinore, CA 92530

**Registration:** 8AM to 11AM. **Finish** by 1PM.

**Trail Rated 1B, Description:** Easy 5k. 10k starts at Summerly Sports Park. This includes baseball, basketball, soccer & skate park fields. Walk route goes up hill to Storm Stadium to the Veterans Memorial, around the stadium, then off to the Levee and a view of Lake Elsinore, our wildlife, beautiful views of the Santa Ana Mountain Range. You may even see some of our skydivers jumping out of a perfectly good plane.

**Awards & Fees:** Credit only \$3.00 / No Credit Free

**Donations are always greatly appreciated.**

**Miscellaneous:** Restrooms and water available. Pets must be on leash with clean up. Strollers ok, wheelchairs ok at Skate Park and around stadium but NOT recommended on levee.

**Special Programs:** Par, USA, A-Z, Vet, WwW

**Contact:** Kathy Bundy - 951.218.3755

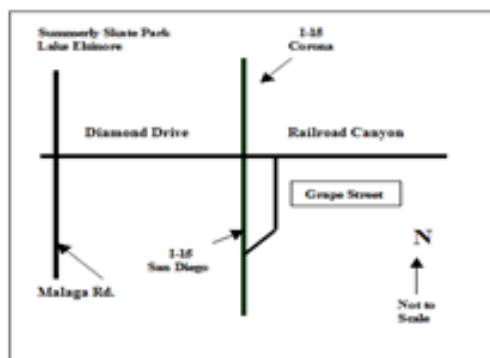
Or [bunznkat7@gmail.com](mailto:bunznkat7@gmail.com)

**Directions:** From I-15 So, exit 73 for Diamond Dr / Railroad Canyon Rd turn right at light onto Diamond Dr. follow for about 0.3 miles to Malaga Rd. (Stadium will be on your right) Turn right onto Malaga Rd. continue straight then pass through gates directly into park.

From I-15 No, exit 73 Railroad Canyon Rd towards Diamond Dr. Turn Left at light onto Grape Street (Use 2 left lanes) to Turn Left onto Railroad Canyon Rd under the overpass which turns into Diamond Dr. Continue for about 0.3 miles to Malaga Rd. (Stadium will be on your right) Turn right onto Malaga Rd. continue straight then pass through gates directly into park.

**SHOULD BE PLENTY OF AVAILABLE SPOTS TO PARK YOUR VEHICLES.**

### Look for the LDR Banner



**JUST  
DO IT!**

## Renew or Subscribe to The COMPASS

For 3 issues 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 3 issues is \$11.25, payable to CVA.

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

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

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

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

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

Please check: ☐ New ☐ Renew  
☐ Address change

**By February 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!



# SAVE THE DATE

**18th IVV Olympiad and  
IML Texas Trail Roundup  
Walking Festival**



**February 19-23, 2023/IVV Olympiad  
February 24-26, 2023/IML Texas Trail Roundup**

**Eight glorious days of walking, biking and  
swimming including the world-famous River Walk  
and World Heritage missions. At night, enjoy a  
uniquely American experience at the award  
winning San Antonio Stock & Rodeo Show!**

*\*Rodeo is optional at an additional cost.*

**[IVVOlympiad2023.org](http://IVVOlympiad2023.org)  
[texastrailroundup.org](http://texastrailroundup.org)**



Q  
T  
R  
E  
V  
E  
N  
T  
S

Central Coast Beach Boardwalkers present.....

## Ginger's 60th Birthday Shindig

*An Interactive Walking Celebration*

Sanction #123438

**When:** Sunday, February 12, 2023

**Meet/Register:** 9:30am.

**Start:** 10:00am **Finish** by 1:00pm

**Start Point:** The Kinney SLO

1800 Monterey St, San Luis

Obispo, CA 93401

**Distances:** 5k & 10k **Rated:** 1A

**What:** A completely unique, sanctioned volksmarch full of surprises and general frivolity. Walkers will be tasked to complete fun "challenges" at key checkpoints along the downtown San Luis Obispo route.

**Why:** To find a fun way to celebrate Ginger's 60 years on planet Earth by including walking and silliness, and to find a way to embody Fun, Fitness, and Friendship in one event!

**Who:** The first 60 family and friends who sign in on our dedicated Google Form (link below) will receive gift bags with props and activity supplies. Additional folks wanting just to walk along are welcome.

**Miscellaneous:** Water & restrooms at start and along route.

**Award:** Special celebration stamp for your walking book, plus a few small souvenirs of this special day.

**Cost:** \$5.00 per person, which includes IVV/AVA credit

**Sign Up:** *PLEASE* sign up in advance (see below), so we know how many fun-loving walkers to expect.

Our Birthday Bash Volksmarch will be a 5K route that winds throughout downtown SLO, with multiple stops for activities and photo ops. A 5K extension will be available for walkers wishing to do 10K. Dogs are welcome on the entire walk with leash & clean-up. Strollers & wheelchairs are welcome as well.

**Special Programs:** Clock, May, Univ, Vet, WvW.

**Please RSVP** Three ways to sign up for this walk:

1. Click on this link: <https://bit.ly/GF60BdayWalk>
2. Type in this URL and hit enter:  
<https://bit.ly/GF60BdayWalk>
3. Scan this QR code:



**Contact:** Ty Fredriks [tyandginger@gmail.com](mailto:tyandginger@gmail.com)

805.714.1552 (text or call)

**Attendees:** PLEASE do not feel obligated to bring a gift. Instead, donate to your local Walking Club:) Remember: No present, just your presence!

**Directions:** **From South:** take US 101 to Grand/Cal Poly exit. Right on Grand to Monterey. Proceed toward downtown. Start on the left. **From North:** take US 101 to Monterey St exit. At top of exit ramp, turn left across freeway to Monterey. Proceed down Monterey toward downtown SLO. Start on the right at stoplight at Grand.



## COMING SOON CVA Convention



## SAVE THE DATE May 5, 6 and 7, 2023

*Location to be determined*

*Check the South Bay*

*Striders website:*

*SBStriders.org*

*and*

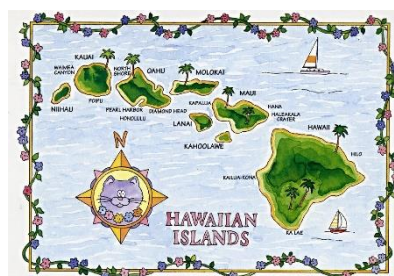
*CVA website:*

*CVA4u.org*

*for more details.*

## Around the Pacific Region, 2023

Date	State	Event	Club
01/16	HI	Waimanalo: Bellows Beach	MM
01/28	AZ	Tucson: Tucson Mountain Park	TVK
02/20	HI	Honolulu: Great Aloha Run	MM
04/01-04/07		National Walking Week	all clubs





## The DELTA TULE TREKKERS

Invite you  
to walk



### STOCKTON:

## Springtime Along the Trail

**Date:** March 4, 2023

**Sanction:** #123980

**Start Point:** Home Depot Shopping Center,  
5010 Feather River Dr, Stockton, CA 95219

**Start:** 8:00 a.m. to noon. **Finish** by 3:00 p.m.

**Distances:** 10K & 5K **Trail Rating:** 1A

**Special Programs:** Par, WwW

**Fee:** AVA Credit \$3.00, 1<sup>st</sup> time walkers Free

**Description:** A beautiful springtime walk along the delta waterways, passing by the yacht club, deep water channel, parks, and greenways as we meander along. We will walk the trails, one step at a time, each of us at our own pace.

**Miscellaneous:** Water and restrooms available at the start and along the route. Wheelchairs and strollers advised to do 5K. Dogs are welcome on leash with pick-up.

**Contact:** Brandi Morick 209.239.5554  
or the club website  
[www.deltatuletrekkers.org](http://www.deltatuletrekkers.org)

**Directions:** From the North or South - Follow I-5 to exit #476 - W. March Lane. Exit and follow W. March Ln. West one block to Feather River Dr. Right on Feather River Dr. and right at the 2<sup>nd</sup> driveway into the shopping center. Registration will be on the left, 1<sup>st</sup> parking aisle. Look for the Delta Tule Trekkers walk sign.



## Invite you to a Julia Morgan Architecture Walk in Berkeley SUNDAY, March 26, 2023

Sanction #123976

**START LOCATION:** Willard Park

2730 Hillegass Ave, Berkeley, CA 94705

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

**DISTANCES:** 6 km and 11 km

**TRAIL RATING:** 2A - some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs; almost entirely on pavement. **FEE:** \$3.00 for IVV credit and non-IVV. New walkers Free. Donations appreciated.

**MISCELLANEOUS:** Restrooms and water at start and along the route. If restrooms are closed for construction, nearby restrooms are at Whole Foods Market, 3000 Telegraph Ave - 3-minute drive or 11-minute walk. Street parking available around the park. Dogs on leash are welcome with clean-up. Berkeley City Women's Club offers drop-in 45-minute tours between 1 and 3:30, (Every 4<sup>th</sup> Sunday). \$10 each, 2315 Durant Ave. between Dana and Ellsworth along the walk route.

**SPECIAL PROGRAMS:** Clock, Par, TH/CH, Univ, Vet.  
**DESCRIPTION:** Walk in South Berkeley and on UC Berkeley Campus to see some of the over 700 homes and buildings created by Architect Julia Morgan in her career from 1904 to 1947. Julia Morgan (1872-1957) is best known for creating Hearst Castle for millionaire William Randolph Hearst. The route passes through an area with many homes Morgan designed and built. At UC Berkeley, there are 3 campus buildings in which she had key roles: the Greek Theater, Hearst Memorial Mining Building, and Hearst Memorial Women's Gymnasium as well as a sorority house, a church (now a community arts center) and Berkeley Women's City Club. The walk visits Berkeley's Old City Hall (1909) and 'new' City Hall, as well as the Veteran's Memorial Building (1928) in downtown Berkeley.

**CONTACT:** Priscilla Fife at 916.616.6003 (leave a message) or email: [sfbaybandits@aol.com](mailto:sfbaybandits@aol.com)

**DRIVING:** Willard Park, 2730 Hillegass Ave, Berkeley CA 94705. **From East and North:** Take I-80 W. Take exit 10 for Ashby Ave. Continue onto Ashby Ave N. Turn left onto Hillegass Ave. Park will be on the left. **From South:** Take 880 N. Keep right at the fork to continue I-980 E, follow signs for CA-24/Walnut Creek. Keep left to continue CA-24 E, Take the Claremont Ave exit. Left on Claremont Ave. Left on Hillegass Ave. Right on Alcatraz Ave. Left on Benvenue Ave. Left on Woolsey. Right on Hillegass Ave. At traffic circle, continue straight to stay on Hillegass Ave. Park will be on the left.

**SAVE THESE PAGES through 2023 -**

**These Year Round & Seasonal Events will only be listed in this 1st issue.**

**This information is as of 11/15/22. OSB = Online Start Box. Entries with OSB are online ONLY. Go to [my.ava.org](http://my.ava.org) to get started. For the most up to date information, please call the POC or check the [AVA.org](http://AVA.org) Search Event List.**

<b>Alameda - Co: Ala - 2 walks: Bay Farm Is (Y0619) &amp; Victorian (Y0620)</b> start Café au Lait, 3215 Encinal Ave, Ste D, Alameda, CA 94501, POC: Priscilla Fife 916.616.6003, by SFBB	<b>Carmel - Co: Mont - 2 walks Carmel Mission (Y0443) &amp; Carmel - Point Lobos (Y0445)</b> , start Lopez Taqueria & Liquor, 500 Del Monte Ave, Monterey, CA 93940, POC: Suzi Glass, 408.592.3935, by SBS
<b>Anaheim -- Co: Orng - Disneyland-California Adventure walk (Y0794)</b> start OSB only, POC: Carl Cordes 702.540.6632, by PARD	<b>Carmichael - Co: Sac - walk Ancil Hoffman Park (Y1712)</b> , start remote registration only - phone or email POC: Barbara Haig 323.578.9194 or Got2BeBabs@yahoo.com , by SWS
<b>Auburn - Co: Pla -walk Placer County Museums (Y0034)</b> start Flour Garden Bakery, 340-C Elm Ave, Auburn, CA 95603, POC: Jan Jerabek 916.253.9501, by PP	<b>Carmichael - Co: Sac - walk Hidden Parks (Y2418)</b> , start SaveMart, Crestview Village Shopping Center, 4708 Manzanita Drive, Carmichael, CA 95608, POC: Myrna Jackson 916.481.6714, by SWS
<b>Avila Beach - Co: SLO - walk Avila Beach (Y1963)</b> start Pismo Lighthouse Suites, 2411 Price St, Pismo Beach, CA 93449, POC: Ty Fredriks 805.714.1552 by CCBB	<b>Carpinteria - Co: SB - beach walk (Y1856)</b> , start Holiday Inn Express Suites, 5605 Carpinteria, Carpinteria, CA 93013, POC: Ty Fredriks 805.714.1552, by CCBB
<b>Benicia - Co: Sol - 2 walks Benicia State Recreation Area (Y1346)-remote start after sign-in &amp; Historic (Y0213)</b> , start Starbucks, 90 Solano Square, Benicia, CA 94510 POC: Howard McGill 707.447.9431 , by SFBB	<b>Carson City, NV - Co: Douglas - walk Capital Neighborhoods (Y0936)</b> , start Hardman House Hotel - 917 North Carson St, Carson City, NV 89701, best call before coming 775. 882.7744. POC: Judy Gordon 775.331.9296, by TTT
<b>Big Bear Lake - Co: SnBer - 2 walks North Shore Trail (Y0303) &amp; Village (Y0337)</b> , start OSB only, POC: Kathy Bundy 951.218.3755 by LDR	<b>Carson Pass - Co: Alp seasonal walk 06/01/23-10/31/23 - Pacific Crest Trail (Y0880)</b> start OSB only POC: Suzi Glass 408.592.3935 by CVA
<b>Buellton - Co: SB - walk Town (Y0799)</b> start CVS Pharmacy, 218 E. Hwy 246, bldg 3, Buellton, CA 93427, POC: Ty Fredriks 805.714.1552 by CCBB	<b>Chico - Co: Butte - walk CSU Chico (Y2673)</b> start OSB only, POC: Ty Fredriks 805.714.1552 by CCBB
<b>Calistoga - Co: Napa - walk (Y0268)</b> , start Calistoga Roastery, 1426 Lincoln Ave., Calistoga, CA 94515, POC: Marilyn Nasi 707.539.8083, by SCS	<b>Citrus Heights - Co: Sac - walk Stock Ranch (Y0224)</b> start remote registration, phone or email POC: Dave Barnes 916.955.6042 or barnesde61@gmail.com, by SWS
<b>Cambria - Co: SLO - walk Cambria Beach and River (Y2358)</b> , start The Bluebird Inn, 1880 Main St, Cambria, CA 93428, POC: Ty Fredriks 805.714.1552 by CCBB	<b>Claremont - Co: LA - walk Downtown/Colleges (Y0743)</b> start OSB only POC: Kathy Bundy 951.218.3755 by LDR
<b>Campbell - Co: SClar - walk Los Gatos Creek (Y0853)</b> , start Campbell Inn, 675 E. Campbell Av, Campbell, CA 95008, POC: Holly Pelking 408.859.7978, by SBS	<b>Corona - Co: Riv - walk Historic (Y0913)</b> start Corona Regional Medical Center, 800 So. Main, Corona, CA 92882, POC: Jean Vik 951.317.7860, by LDR
<b>Capitola - Co: SCruz - walk Secret Paths &amp; Stairways (Y1183)</b> , start Coffeetopia, 3701 Portola Dr, Santa Cruz, CA 95062, POC: Holly Pelking 408.859.7978, by SBS	<b>Coronado - Co: SD - walk Island Historic (Y0352)</b> start Coronado Historical Assoc. Museum, 1100 Orange Ave., Coronado, CA 92178. POC: Herman Husbands 619.287.0560, by CB
<b>Carlsbad - Co: SD - walk Residential (Y0200)</b> start Tamarack Beach Resort, 3200 Carlsbad Blvd., Carlsbad, CA 92008, POC: Kathy Cole 951 551.9723 by LDR	

**SAVE THESE PAGES through 2023 -**

**These Year Round & Seasonal Events will only be listed in this 1st issue.**

**This information is as of 11/15/22. OSB = Online Start Box. Entries with OSB are online ONLY. Go to my.ava.org to get started. For the most up to date information, please call the POC or check the AVA.org Search Event List.**

<b>Crestline - Co: SnBer - walk Lake Gregory (Y1826)</b> start Goodwin's Market, 24089 Lake Gregory Dr, Crestline, CA 92325 POC: Bob Gebo 951.924.2208 by LDR	<b>Folsom - Co: Sac - walk Historic (Y0165)</b> , start Karen's Bakery & Café, 705 Gold Lake Dr, Ste # 340, Folsom, CA 95630, POC: Heidi Foster 916.792.1720, by SWS - CLOSED SUNDAYS
<b>Dana Point - Co: Orng - walk Historic Harbor (Y1343)</b> , start OSB or Hennessey's Tavern, 31761 Camino Capistrano, San Juan Capistrano, CA 92675. POC: Dottie Schwieger 951.505.9738 by LDR	<b>Galt - Co: Sac - walk Cosumnes River Preserve (Y1314)</b> start McDonald's 2733 Elk Grove Blvd., Elk Grove, CA 95758, POC: Paul Robb 916.430.6649, by SWS
<b>Davis - Co: Yolo - bike Circle Davis Tour (Y0007) &amp; 2 walks: South Davis/El Macero (Y0617) &amp; Southeast Tunnels &amp; Bridges (Y1624)</b> , start Common Grounds Coffee, 2171 Cowell Blvd. Suite 4, Davis, CA 95618, POC: Amul Purohit 530.400.1106, by SWS	<b>Galt - Co: Sac - walk (Y1303)</b> start McDonald's Hamburgers 324 Pine St, Galt, CA 95632, POC: Cathy Pauley 915.479.1060, by DTT
<b>Davis - Co: Yolo - walk University (Y0404)</b> , start Fleet Feet Sports, 615 2nd St, Davis, CA 95616, POC: Amul Purohit 530.400.1106, by SWS	<b>Gold River - Co: Sac - walk (Y1793)</b> , start Starbuck's Coffee Company, 2095 Golden Centre Ln, Suite 10, Gold River, CA 95670, POC: Roxie Jones 916.813.7015, by SWS
<b>Donner Pass - Co: Nev - seasonal walk 06/01/23. - 10/31/23 Pacific Crest Trail (Y1038)</b> start OSB only, POC: Suzi Glass 408.592.3935 by CVA	<b>Healdsburg - Co: Son - walk Wine Country (Y0415)</b> start Adel's Restaurant, 198 Dry Creek Road, Healdsburg, CA 95448 POC: Shirley Hightower 707.696.0244, by SCS
<b>Elk Grove - Co: Sac - walk: Charlie Fowble Memorial (Y0997)</b> , start McDonald's, 2733 Elk Grove Blvd, Elk Grove, CA 95758, POC: Paul Robb 916.430.6649 by SWS	<b>Huntington Beach - Co: Orng - walk Huntington Beach Pier (Y0899)</b> , start Albertson's Market, 7201 Yorktown Ave, Huntington Beach, CA 92648, POC: Jean Vik 951.317.7860, by LDR
<b>Elk Grove - Co: Sac - 2 walks: East Elk Grove Rec Trail (Y1423) &amp; Elk Grove Regional Park (Y1775)</b> , start Starbucks, 8868 Bond Rd, Suite 100, Elk Grove, CA 95624, POC: Paul Robb 916.430.6649, by SWS	<b>Ione - Co: Ama - walk Amador County (Y0606)</b> , start Ione Plaza Market, 313 Preston Ave, Ione, CA 95640 POC: Diane Stauffer 209. 423.6474, by DTT
<b>Elk Grove - Co: Sac - walk Elk Grove Creek Watershed (Y0785)</b> , start Peets Coffee & Tea, 8234 Laguna Blvd. Suite 100, Elk Grove, CA 95758, POC: Paul Robb 916.430.6649 by SWS	<b>Isla Vista - Co: SB - walk UCSB (Y2578)</b> start CAJE Coffee Roasters, 948 Embarcadero del Norte, Goleta, CA 93117. POC: Ty Fredriks 805.714.1552 by CCBB
<b>Encino - Co: LA - walk Nature &amp; Historic (Y0934)</b> , start OSB only, POC: Carl Cordes 702.540.6632, by PARD	<b>Jackson - Co: Ama - walk Historic Town &amp; Country (Y0255)</b> , start Best Western Amador Inn, 200 So. Hwy 49, Jackson, CA 95642, POC: Wanda Martin 209.565.7729, by DTT
<b>Etna - Co: Sisk - walk - Historic (Y1121)</b> , start Ray's Food Place, 124 Collier Way (Highway 3), Etna, CA 96027, POC: Catherine Weder 562.716.0114, by SWS	<b>Keene - Co: Kern - 2 walks Cesar Chavez National Monument (Y2519) &amp; Tehachapi Loop (Y2518)</b> start OSB only POC: Cathy Pauley 915.479.1060 by CVA
<b>Fair Oaks - Co: Sac - walk Fair Oaks - Historic (Y1064)</b> start Fair Oaks Coffee House & Deli, 10223 Fair Oaks Blvd, Fair Oaks, 95628, POC: Marcia Maurer 916.844.4673, by SWS	<b>Laguna Beach - Co: Orng - walk Coast &amp; Cliffs (Y1651)</b> , start Pavilions Supermarket, 1000 Bayside Dr, Newport Beach, CA 92662, POC: Jean Vik 951.317.7860 by LDR

**SAVE THESE PAGES through 2023 -**

**These Year Round & Seasonal Events will only be listed in this 1st issue.  
This information is as of 11/15/22. OSB = Online Start Box. Entries with OSB are  
online ONLY. Go to my.ava.org to get started. For the most up to date information,  
please call the POC or check the AVA.org Search Event List.**

<b>Laguna Niguel - Co: Orng -walk (Y1342)</b> , start Ted's Place Restaurant, 23900 Aliso Creek, Laguna Niguel, CA 92677 POC: Jean Vik 951.317.7860 by LDR	<b>Mill Valley - Co: Mrn - walk Marin County (Y0391)</b> start Mill Valley Community Center, 180 El Camino Alto, Mill Valley, CA 94941, POC: Jill Simmons 707.448.5148, by VVV - CLOSED SUNDAYS
<b>Lincoln - Co: Pla - bike-Lincoln Tour (Y0402)</b> , start Sprouts Market, 115 Ferrari Ranch Road, Lincoln, CA 95648, POC: Don Ratliff 916.645.8280, by PP	<b>Modesto - Co:: Stan - walk Stanislaus County (Y0167)</b> start OSB only POC: Jim & Diane Gomes 209.815.6041 by DTT
<b>Lodi - Co: SJ - walk San Joaquin Valley (Y0170)</b> , start McDonald's Hamburgers 200 West Lodi Ave, Lodi, CA 95240, POC: Charlene Henshaw (209) 642-2004 by DTT	<b>Monterey - Co: Mont - 2 walks - Historic (Y1261) &amp; Peninsula/Lovers Point (Y1341)</b> , start Lopez Taqueria & Liquor, 500 Del Monte Ave, Monterey, CA 93940-2405, POC: Suzi Glass 408.592.3935, by SBS
<b>Lompoc - Co: SB - walk (Y0430)</b> , start South Side Coffee Company, 105 So. H at Ocean St, Lompoc, CA 93436, POC: Ty Fredriks, 805.714.1552 by CCBB	<b>Morongo Valley - Co: SnBer - walk Big Morongo Canyon Preserve (Y0126)</b> , start Big Morongo Canyon Preserve, 11055 East Drive, Morongo Valley, CA 92256 POC: Sue Obradovitz 951.333.6806, by LDR
<b>Long Beach - Co: LA - walk Naples/Belmont Shore (Y1452)</b> start Gelson's, 6255 East 2nd St, Long Beach, CA 90803, POC: Jean Vik 951.317.7860, by LDR	<b>Morro Bay - Co: SLO - walk (Y0664)</b> , start La Serena Inn, 990 Morro Ave., Morro Bay, CA 93442, POC: Ty Fredriks 805.714.1552, by CCBB
<b>Los Angeles - Co: LA - walk Griffith Park Bridle Path (Y2138)</b> start OSB only POC: Suzi Glass 408.592.3935, by SBS	<b>Murrieta - Co: Riv - walk Old Town (Y2011)</b> , start Montague Brothers Coffee, 21545 Palomar St, Wildomar, CA 92595 POC Kathy Bundy 951.218.3755, by LDR
<b>Los Angeles - Co: LA - walk Griffith Park Observatory (Y2250)</b> start OSB only POC: Holly Pelking 408.859.7978, by SBS	<b>Newport Beach - Co: Orng -2 walks Balboa Is (Y0251) &amp; Balboa Is Cross Channel View (Y1270)</b> , start Pavilions Supermarket, 1000 Bayside Dr., Newport Beach, CA 92662 POC: Jean Vik 951.317.7860 by LDR
<b>Los Angeles - Co: LA - walk UCLA, Westwood &amp; Marilyn (Y2043)</b> start OSB only POC: Suzi Glass 408.592.3935 by SBS	<b>Oceanside - Co: SD - walk San Diego County (Y1750)</b> , start Oceanside Marina Inn, 2008 Harbor Drive North, Oceanside, CA 92054, POC: Kathy Cole 951. 551.9723, by LDR
<b>Los Gatos - Co: SClar - Town walk (Y0074)</b> , start Los Gatos Coffee Roasting Company, 101 W. Main St, Los Gatos, CA 95030 POC: Holly Pelking 408.859.7978, by SBS	<b>Olympic Valley - Co: Pla - seasonal walk 05/01/23 - 10/31/23 Squaw Valley - John Daegling Memorial (Y1785)-</b> start The Village at Palisades Tahoe, 1750 Village East Road, Olympic Valley, CA 96146, POC: Lynn Booth 209.614.4310, by TTT
<b>Los Olivos - Co: SB - Wine Country walk (Y2357)</b> start R Country Market, 2948 Grand Ave., Los Olivos, CA 93441, POC: Ty Fredriks 805.714.1552, by CCBB.	<b>Olympic Valley - Co: Pla - seasonal walk 05/01/23 - 10/31/23 Palisades Tahoe - Shirley Canyon (Y2263)</b> start OSB only POC: Carl Cordes 702.540.6632 by PARD
<b>Manteca - Co: SJ - walk San Joaquin County (Y2024)</b> , start Frank's Downtown Café, 162 No. Maple Ave., Manteca, CA 95336, POC: Marcelo Fernande 562.521.3775 by DTT	<b>Orcutt - Co: SB - walk Old Town Orcutt (Y2489)</b> start OASIS Senior Center, 420 Soares Ave, Orcutt, CA 93455, POC: Ty Fredriks 805.714.1552, by CCBB
<b>Menifee - Co: Riv - 3 walks: Menifee Lakes (Y1212) and Menifee Valley (Y1213) &amp; Sun City Residential (Y0701)</b> , start Menifee Inn, 27680 Encanto Dr, Sun City, CA 92586, POC: Kathy Bundy 951.218.3755 by LDR	



**SAVE THESE PAGES through 2023 -**

**These Year Round & Seasonal Events will only be listed in this 1st issue.**

**This information is as of 11/15/22. OSB = Online Start Box. Entries with OSB are online ONLY. Go to my.ava.org to get started. For the most up to date information, please call the POC or check the AVA.org Search Event List.**

<b>Palm Springs - Co: Riv - 2 walks Celebrity Walk (Y1887) &amp; Park Trail (Y0724)</b> , start OSB or Desert Regional Medical Center, 1150 No. Indian Canyon Dr, Palm Springs, CA 92262, POC: Sue Obradovitz 951.333.6806 by LDR	<b>Roseville - Co: Pla - bike - NW Roseville Tour (Y1239)</b> , start Starbucks, 2030 Douglas Blvd, Suite 12, Roseville, CA 95661 POC: Don Ratliff 916.645.8280 by PP
<b>Petaluma - Co: Son - walk Historic Petaluma (Y0233)</b> start OSB only. POC: Don & Sue Deal 707.762.4148, by SCS	<b>Round Valley - Co: Alp - seasonal walk 06/01/22 - 10/31/22 walk Pacific Crest Trail (Y0983)</b> , start OSB, POC: Suzi Glass 408.592.3935 by CVA
<b>Pismo Beach - Co: SLO - walk Pismo Beach (Y1821)</b> , start Pismo Lighthouse Suites, 2411 Price St, Pismo Beach, CA, 93449 POC: Ty Fredriks 805.714.1552, by CCBB	<b>Sacramento - Co: Sac - 3 walks American River (Y0990), Ashton Park (Y1049) &amp; Sierra Oaks Vista (Y0905)</b> start OSB or Starbucks, Arden Town Shopping Center, 610 Watt Ave, Sacramento, CA 95864 POC Beverly Bales 916.488.8570 by SWS
<b>Pittsburg - Co: CC - walk (Y0947)</b> start Steeltown Coffee & Tea, 695 Railroad Ave., Pittsburg, CA 94665, POC: Tom Smith, 707.449.0574, by VVV	<b>Sacramento - Co: Sac - bike American River Tour (Y0006) &amp; Capitol - Wayne Holloway Memorial Walk (Y0003)</b> , start Best Western Sandman Hotel, 236 Jibboom St, Sacramento, CA 95814-0108, POC: Heidi Foster 916.792.1720, by CVA
<b>Rancho Cordova - Co: Sac - walk Lake Natoma (Y0855) &amp; bike Lake Natoma tour (Y0036)</b> , start Starbuck's Coffee 12195 Tributary Point, Rancho Cordova, CA 95670-4508, POC: Sue Hopper 916. 296.2289, by PP	<b>Sacramento - Co: Sac - walk - Arden Park (Y0558) &amp; Arden Bike Tour (Y0607)</b> , start Starbucks, Arden Plaza, 4301 Arden Way, Sacramento, CA 95864, POC: Myrna Jackson 916.481.6714, by SWS
<b>Redding - Co: Sha - walk Sundial Bridge (Y0705)</b> , start OSB only POC: Carl Cordes 702.540.6632, by PARD	<b>Sacramento - Co: Sac - walk Campus Commons/Sierra Oaks (Y1767)</b> , start Starbucks Coffee Co., 458 Howe Ave, #8, Sacramento, CA , 95825 POC: Myrna Jackson 916.481.6714, by SWS
<b>Redlands - Co: SnBer -2 walks Historic Downtown (Y0584) and Palms &amp; Palaces (Y0187)</b> start Redlands Family YMCA, 500 E. Citrus Avenue, Redlands, CA 92373, POC: Bob Gebo 951. 924.2208, by LDR	<b>Sacramento - Co: Sac - 3 walks: Curtis Park (Y0968), Land Park (Y1039) &amp; River &amp; Miller Park (Y0938)</b> , start Sprouts Farmers Market, 4408 Del Rio Road, Sacramento, 95822 POC: Jennifer Stanley 916. 456.6538 by SWS
<b>Redondo Beach - Co: LA - walk the Boardwalk (Y0490)</b> start OSB or Carl's Jr., 701 N. Pacific Coast Highway, Redondo Beach, CA 90277, POC: Dottie Schwieger, 951.505.9738 by LDR	<b>Sacramento - Co: Sac - 3 walks: Elmhurst to East Sac (Y1422), Midtown/East Sac (Y1873) &amp; The "Fab 40's" (Y0583)</b> , start CVS Pharmacy, 5039 Folsom Blvd., Sacramento, CA 95819, POC: Gail Samcoff 916.429.8377, by SWS
<b>Reno, NV - Co: Washoe - 2 walks Historical (Y0023) and UNR/San Rafael (Y0935)</b> , start National Automobile Museum, 1 Museum Dr, Reno, NV, 89501, POC: Judy Gordon 775.331.9296, by TTT	<b>Sacramento - Co: Sac - Hidden Murals walk (Y2337)</b> , start Fleet Feet Sports, 2311 J St, Sacramento, CA 95816. POC: Rutherford Smith 530.219.5610, by SWS
<b>Riverside - Co: Riv - walk Mt. Rubidoux &amp; Mission Inn (Y1478)</b> , start OSB or Riverside Community Hospital, 4445 Magnolia Ave, Riverside, CA 92501, POC: Sue Obradovitz 951.333.6806, by LDR	<b>Sacramento - Co: Sac - bike: Natomas Flood Plain Tour (Y0767) &amp; 2 walks North Natomas (Y2186) and South Natomas (Y0588)</b> start Natomas Bike Shop, 3291 Truxel Rd #30, Sacramento, CA 95833, POC: Joanne Jensen 916.996.0401, by SWS
<b>Roseville - Co: Pla - 2 walks - Maidu Park (Y0560) &amp; Sculpture Park (Y0266)</b> , start Starbucks, 2030 Douglas Blvd, Suite 12, Roseville, CA 95661 POC: Jan Jerabek 916.253.9501 by PP	<b>Sacramento - Co: Sac - walk North Laguna Creek Wildlife Area (Y1043)</b> , start 24 Hour Fitness, 8785 Center Parkway, Sacramento, CA 95823, POC: Eva Nelson 916.261.9016, by SWS

<b>SAVE THESE PAGES through 2023 -</b> <b>These Year Round &amp; Seasonal Events will only be listed in this 1st issue.</b> <b>This information is as of 11/15/22. OSB = Online Start Box. Entries with OSB are online ONLY. Go to my.ava.org to get started. For the most up to date information, please call the POC or check the AVA.org Search Event List.</b>	
<b>Sacramento - Co: Sac - walk Pocket Area (Y0234) &amp; bike Pocket Area Tour (Y1313)</b> , start CVS Pharmacy, 7465 Rush River Dr, #500, Sacramento, CA 95831, POC: Nancy Alex 916.217.4903 by SWS	<b>San Jose - Co: SClar - walk Rose Garden &amp; Santa Clara University (Y2768)</b> start: OSB only POC: Chris Zegelin 408.529.9724 by SBS
<b>Sacramento - Co: Sac - walk Sac State (Y1822)</b> start CVS Pharmacy, 2085 Fair Oaks Blvd, Bldg 2, Saramento, CA 95825 POC: Kim Dagan 661.549.2779 by SWS	<b>San Juan Capistrano - Co: Orng - walk Historic Mission (Y1886)</b> , start OSB or Hennessey's Tavern, 31761 Camino Capistrano, San Juan Capistrano, CA 92675, POC: Dottie Schwieger 951.505.9738 by LDR
<b>Sacramento - Co: Sac - bike Sacramento Riverfront Tour (Y0959)</b> , start: Best Western Sandman Hotel, 236 Jibboom St, Sacramento, CA 95814-0108, POC: Heidi Foster 916.792.1720, by CVA	<b>San Luis Obispo - Co: SLO - walk San Luis Obispo (Y0458)</b> , start The Kinney Hotel, 1800 Monterey Ave, San Luis Obispo, CA 93401-2614, POC: Ty Fredriks 805.714.1552 , by CCBB
<b>San Clemente - Co: Orng - walk Beach &amp; Pier (Y1060)</b> , start OSB or Hennessey's Tavern, 31761 Camino Capistrano, San Juan Capistrano, CA 92675, POC: Dottie Schwieger 951.505.9738 by LDR	<b>Santa Barbara - Co: SB - walk Santa Barbara (Y0137)</b> , start Harbor View Inn, 28 West Cabrillo Blvd., Santa Barbara, CA 93101, POC: Ty Fredriks 805.714.1552, by CCBB
<b>San Diego - Co: SD -2 walks: Balboa Park/Downtown (Y0852) &amp; Harbor Island (Y1604)</b> , start OSB or Wyndham Bayside Hotel, 1355 N. Harbor Dr., San Diego, CA 92101, POC: Maureen Carlson 909.227.5319 by LDR	<b>Santa Cruz - Co: SCruz -walk Natural Bridges (Y0328)</b> , start Togo's Sandwich Shop, 902 Ocean St, Santa Cruz, CA 95060, POC: Holly Pelking 408.859.7978, by SBS
<b>San Diego - Co: SD - walk Old Town (Y1426)</b> , start OSB or Best Western Hacienda Hotel, 4041 Harney St, San Diego, CA 92110, POC: Maureen Carlson 909.227.5319 by LDR	<b>Santa Maria - Co: SLO -walk Santa Maria/Hancock College (Y2686)</b> , start Historic Santa Maria Inn, 801 S. Broadway, Santa Maria, CA 93455, POC: Ty Fredriks 805.714.1552, by CCBB
<b>San Francisco - Co: SF - 2 walks: Golden Gate Park (Y3164) and Lands End and Beyond (Y1943)</b> , start Seal Rock Inn, 545 Point Lobos at 48th Ave, San Francisco, CA 94121, POC: Priscilla Fife 916.616.6003, by SFBB	<b>Santa Rosa - Co: Son - 2 walks Luther Burbank Gardens (Y1100) &amp; Prince Greenway/Historic Santa Rosa (Y0758)</b> , start Lucky Market, 915 Village Ct, Santa Rosa, CA 95405, POC: Marilyn Nasi 707.539.8083, by SCS
<b>San Francisco - Co: SF - walk SF Maritime (Y1479)</b> , start San Francisco Maritime National Historical Park Visitors' Center, 499 Jefferson St, San Francisco, CA 94109, POC: P. Fife 916.616.6003, by SFBB	<b>Sebastopol - Co: Son - walk near Santa Rosa (Y0793)</b> start: OSB only. POC: Marilyn Nasi 707.539.8083, by SCS
<b>San Francisco - Co: SF - walk: The Presidio &amp; the Golden Gate Bridge (Y1564)</b> , start Presidio Visitor Center, 210 Lincoln Blvd., San Francisco, CA 94129, POC: P. Fife 916.616.6003, by SFBB	<b>Solvang - Co: SB - Danish Country walk (Y0428)</b> , start Solvang Shoe Store, 1663 Copenhagen Dr., Solvang, CA 93463, POC: Ty Fredriks 805.714.1552 by CCBB
<b>San Jose - Co: SClar - walk Almaden Lake (Y2436)</b> , start Almaden Lake Village Rental Office, 1045 Coleman Rd., San Jose, CA 95123. POC: Suzi Glass 408.592.3935, by SBS CLOSED SUNDAYS	<b>Sonoma - Co: Son - walk Sonoma County (Y0752)</b> , start Best Western/ Sonoma Valley Inn, 550 Second St West, Sonoma, CA 95476, POC: Marilyn Nasi 707.539.8083 by SCS
<b>San Jose - Co: SClar - walk Hellyer Park &amp; Coyote Creek (Y2781)</b> start: OSB, POC: Suzi Glass 408.592.3935 by SBS	<b>Stockton - Co: SJ - walk -N.W. Stockton, Tom Swift Memorial Walk (Y0194)</b> , start Starbucks, 10602 Trinity Parkway, Stockton, CA 95219, POC: Cathy Pauley 915.479.1060, by DTT
<b>San Jose - Co: SClar - walk Historical Downtown &amp; University (Y0240)</b> , start OSB or temporary PSB at Campbell Inn, 675 East Campbell Ave., Campbell, CA 95008 POC: Suzi Glass 408.592.3935 by SBS.	

**SAVE THESE PAGES through 2023 -**

**These Year Round & Seasonal Events will only be listed in this 1st issue.**

**This information is as of 11/15/22. OSB = Online Start Box. Entries with OSB are online ONLY. Go to [my.ava.org](http://my.ava.org) to get started. For the most up to date information, please call the POC or check the [AVA.org](http://AVA.org) Search Event List.**

<b>Stockton - Co: SJ - walk University Area-Central Stockton (Y1304)</b> , start Mc Donald's Hamburgers, 4515 Pacific Ave, Stockton, CA 95207, POC: Joan Sykes 209.931.0557, by DTT	<b>Whittier - Co: LA - walk Home Town (Y2047)</b> , start OSB only POC: Suzi Glass 408.592.3935 by SBS
<b>Tahoe City - Lake Forest Co: Pla - seasonal walk 5/1/23 - 11/30/23 (Y0195)</b> , start Tahoe House Bakery & Gourmet, 625 W. Lake Blvd, Tahoe City, CA, 96145, OPEN 6am-3pm POC: Karen Reed 408. 315.7727 by TTT	<b>Wildomar - Co: Riv walk Riverside County (Y1761)</b> start Montague Brothers Coffee, 21545 Palomar St., Wildomar, CA 92595 POC: Kathy Bundy 951.218.3755 by LDR
<b>Tahoma - Squaw Valley - Co:EID - seasonal walk 05/01/23 - 11/30/23 (Y2262)</b> start Tahoe House Bakery and Gourmet, 625 W. Lake, Tahoe City, CA 96145, OPEN 6am-3pm POC Karen Reed 408. 315.7727 by TTT	<b>Windsor - Co: Son - walk (Y2419)</b> , start CVS Pharmacy, 9030 Brooks Rd, So, Windsor, CA 95492, POC: Shirley Hightower 707.696.0244, by SCS
<b>Truckee - Steiners' Memorial River Walk Co: Nev - seasonal walk 05/01/23 - 11/30/23 (Y1667)</b> , start Hampton Inn & Suites Tahoe - Truckee, 11951 CA Highway 267, Truckee, CA 96161, POC: Jennie Gordon 916.204.3839, by TTT	<b>Woodland - Historic - Co: Yolo - walk (Y0539)</b> , start Nugget Market, 157 Main Street, Woodland, CA 95695, POC: Judy & Jim Tischer 530.383.1370, by SWS
<b>Union City - Co: Ala -walk Old Town (Y1248)</b> start Togo's Sandwich Shop (Union Landing Shopping Center) 32220 Dyer Street, Union City, CA 94587 POC: John Glass 408.592.3866, by SBS	<b>Yorba Linda - Co: Orng - walk Orange County (Y0735)</b> , start OSB only POC Dottie Schwieger, 951.505.9738, by LDR
<b>Vacaville - Co: Sol - 2 walks, Historic (Y1586) &amp; Joe Sutter/Jo Hefner Memorial Lagoon Valley (Y0331)</b> : Diggers Deli, 876 Alamo Dr, Vacaville, CA 95688, POC: Jill Simmons 707.448.5148, by VVV	<b>Yosemite National Park- Co: Mrp - 2 seasonal walks 05/01/23 - 10/31/23 Clouds Rest (Y0734) &amp; Half Dome (Y0765)</b> , start OSB only POC: Carl Cordes 702.540.6632 by PARD -- check park website for latest access updates.
<b>Ventura - Co: Ven - walk Santa Cruz Island (Y0872)</b> , start OSB only, POC: Ty Fredriks 805.714.1552 by CCBB	<b>Yosemite National Park- Co: Mrp - walk Valley Floor (Y0727)</b> start OSB only POC: Carl Cordes 702.540.6632 by PARD
<b>Ventura - Co: Ven - walk Ventura City/Beach (Y0860)</b> , start Vagabond Inn, 756 E. Thompson Blvd, Ventura, CA 93001, POC: Ty Fredriks 805.714.1552, by CCBB	<b>Zamora - Co: Yolo - walk (Y1429)</b> , start Zamora Mini Mart, 9920 County Rd 99-W, Zamora, CA 95698, POC: Jim & Judy Tischer 530.383.1370, by SWS
<b>West Sacramento - Co: Yolo - walk Clarksburg Branch Line Trail (Y1515)</b> start Nugget Market, 2000 Town Center Plaza, West Sacramento, CA 95691, POC: Susan Martimo 916.705.9599, by SWS	
<b>West Sacramento - Co: Yolo - walk River Walk (Y0545)</b> , start La Bou Bakery & Café, 849 Jefferson Blvd. #101, West Sacramento, CA 95691, POC: Susan Martimo 916.705.9599, by SWS CLOSED SUNDAYS	
<b>Whitewater - Co: Riv - walk Pacific Crest Trail (Y0975)</b> , start OSB, POC: Jean Vik 951.317.7860, by CVA	

**"HAPPY TRAILS"**



Y  
R  
E  
E  
V  
E  
N  
T  
S

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

## 2023 First Quarter California Events

No.	Date	Event	Club	Location	County
1	12/31	W	SWS	Sacramento - New Year's Eve	Sac
2	01/01	W	SWS	Sacramento - New Year's Day	Sac
3	01/21	W	LDR	Lake Elsinore - Walk It Off	Riv
	02/10		All	COMPASS Articles due for 2nd Quarter	
4	02/12	W	CCBB	San Luis Obispo - Ginger's 60th Birthday Shindig	SLO
	02/15		All	COMPASS deadline to subscribe for 3 issues	
5	03/04	W	DTT	Stockton - Springtime Along the Trail	SJ
6	03/26	W	SFBB	Berkeley - Julia Morgan Architecture	Ala

**CANCELLED**

## CVA Event Locations

