

The *COMPASS*

A Publication of the *California Volkssport Association*

April

May

June

2023



Low Desert Roadrunners on their 'Walk It Off Event' in Lake Elsinore, January 2023



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



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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, Events: April, May, June	7
National Walking Week Choices	8
Special Programs	9
CVA Convention	10
COMPASS Subscription	12
Websites	13
Ideas for Year Rounds	14
Changes in Year Rounds & CVA pins	15
2023 2nd Quarter Events & Map	16

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

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

COMPASS Article Deadlines

May 10 for July, August & September

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

November 10 for Jan., Feb. & March events

February 10 for April, May & June events

send to
 Suzi Glass: glass2walk@gmail.com





Starting to Walk? This page is for YOU

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 page 15), 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 in Morgan Hill.

Research shows that walking is one of the easiest and best ways to achieve good health – both physically and mentally. It's low cost, easily accessible, and requires minimal equipment (well-fitting shoes, a hat, water, and sunscreen are what we recommend). What are you waiting for?

Hope to see you on the trail!

"Walking is man's best medicine." - Hippocrates

How to get started.....

This magazine lists the Traditional Events where people will be present to welcome and guide you.

1. Look through this magazine to find an event in your area.
2. Check with the event contact if you want additional information.
3. Be sure to bring along water, a hat, a snack, sunscreen, and a mask.
4. Arrive at the start table within the designated "start times" (in the event description).
5. Tell the start table volunteers that you are a new walker, and they will help you from there.
6. Ask questions, make new friends, enjoy the fresh air and scenery, and have fun!

Where to learn more.....

The CVA website address is 'cva4u.org'. This provides more detailed information about our organization and the clubs in California. The national organization website is 'ava.org' which leads you to all the events and clubs within the nation.

2023 CVA CONTACTS: CALIFORNIA CLUB & CVA OFFICERS

<p>CB: Coronado Beachcombers Herman Husbands 619.287.0560 6375 Elmhurst Drive San Diego, CA 92120-3957 eagleherm@aol.com</p>	<p>CCBB: Central Coast Beach Boardwalkers Ty Fredriks 805.937.3800 847 Blake Street Santa Maria, CA 93455-4956 ty@beachboardwalkers.org</p>	<p>DTT: Delta Tule Trekkers Cathy Pauley 915.479.1060 3315-1/2 Cherryland Ave. Stockton, CA 95215 president@deltatuletrekkers.org</p>
<p>LDR: Low Desert Roadrunners Kathy Bundy 951.218.3755 P.O. Box 416 Wildomar, CA 92595 bunznkatz7@gmail.com</p>	<p>PP: Placer Pacers Bruce McDevitt 530.412.4452 371 Cuckoo Court Applegate, CA 95703 Walknsail@gmail.com</p>	<p>SBS: South Bay Striders Chris Zegelin 408.529.9724 15680 Alum Rock Ave. San Jose, CA 95127 chris@zegelin.com</p>
<p>SCS: Sonoma County Stompers Marilyn Nasi 707.539.8083 110 Valley Lakes Drive Santa Rosa, CA 95409 mbnasi91@comcast.net</p>	<p>SFBB: San Francisco Bay Bandits Priscilla Fife 916.616.6003 2241 Pacific Ave., #B Alameda, CA 94501 sfbaybandits@aol.com</p>	<p>SWS: Sacramento Walking Sticks Barbara Nuss 916.283.4650 P.O. Box 277303 Sacramento, CA 95827-7303 nussb@surewest.net</p>
<p>TTT: Tahoe Trail Trekkers Betsy McDevitt 530.412.4453 371 Cuckoo Court Applegate, CA 95703 betsywalks@gmail.com</p>		<p>VVV: Vaca Valley Volks Tom Smith 707.449.0574 848 Stonegate Court Vacaville, CA 95687 smithkey78@gmail.com</p>
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<p style="text-align: center;">COMPASS SUBSCRIPTION DEADLINES Subscribe by May 15th for 2 issues in 2023 Subscribe by August 15th for the last issue in 2023 Subscribe by November 15th for all 4 issues in 2024 Subscribe by February 15th for 3 issues in 2024</p>		<p>Webmaster: Judy Gregory 916.539.0833 3356 Balada Way Rancho Cordova, CA 95670 californiavolks2019@gmail.com</p>



Message from the Prez, Cathy Pauley,

As you are reading this article, the 18th IVV Olympiad will be over, and we will be finishing preparations for the 2023 CVA Convention being held in South Bay Strider country. I will be excited to share the Olympiad experience in the next COMPASS and at the CVA Convention. I cannot thank the South Bay Striders enough for their dedication and involvement in the IVV Olympiad and hard work in meeting the deadlines for the CVA Convention. They are truly dedicated to this wonderful sport and our region and state!

I can share what we know about the convention being held May 5-7, 2023. The suggested lodging, meeting location and meet and greet will be in Morgan Hill. There will be four walks in three beautiful areas including San Juan Bautista, Morgan Hill, and San Jose’s Evergreen area. There will be a dinner option on Saturday night. To keep extra costs down, we will need the majority of attendees to sign up for the dinner. It should be a lovely weekend – even though we are competing with Cinco de Mayo!

As we continue to learn the Legacy ESR sanctioning process, I want to share a couple of things I think will improve the process. First, there is an option for “elevator” pitch. This description should be included in all YR/Traditional Walks. The second reminder is to have a “finish” time for the TEs. (Ex: Start table open: 9 a.m.-12 noon. Finish by 3 p.m.) Everyone remembers the start time window, but many forget to include the finish-by-time.

Thank you for all your hard work in creating the traditional walks for the state to enjoy, and volunteering to map out the walks, create the directions, COMPASS ads and then working the day of the events. I greatly appreciate all of you!

I officially submitted my retirement package with a retirement date of April 22. Hopefully, it is approved for the date I picked, and that I will be able to work on that bucket list I mentioned last quarter.

In closing, I want to explain my photo this quarter. My dear friend, Jackie Addison, who battled cancer for three years, went with Joan Sykes and me on CVA walks. She was such an inspiration! As I am writing this article, I am marking her one-year anniversary in Heaven.

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.



walk
Phoenix Park
Fair Oaks, CA
April 1, 2023

www.SacramentoWalkingSticks.org

SANCTION NUMBER: #123979-23

SPONSOR: Sacramento Walking Sticks

LOCATION: Phoenix Park
9050 Sunset Ave., Fair Oaks, CA 95628

START TIME: 09:00 – Noon FINISH: 3:00 PM
DISTANCE/TRAIL RATING: 5k ,10k – 1B

TRAIL DESCRIPTION: Come fly with the Sacramento Walking Sticks. Enjoy a spring walk through Phoenix Park & the vernal pools. Explore a near-by neighborhood with interesting airport/airplane named streets. (This area was once a small airport-Phoenix Field). Finally access dirt trails along the bluffs for great views of the American River. Bring a picnic lunch or purchase a sandwich at Dad's Kitchen at 8928 Sunset Ave to enjoy in the park.

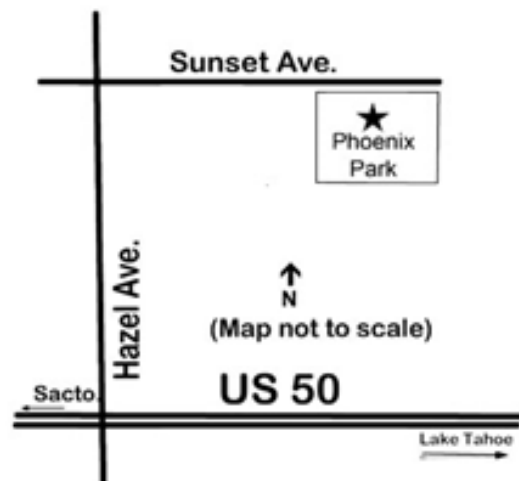
SPECIAL PROGRAMS: Par, Vet

MISCELLANEOUS: Water and restrooms at start/finish. Dogs are permitted on a leash with clean-up, EXCEPT within the vernal pools. Be sure to check the signs. Routes difficult for strollers and wheelchairs.

CONTACT: Myrna Jackson, 916.481.6714,
mjacks01940@yahoo.com,
Sally Coones (916) 215-3491, saanagaha@yahoo.com

DIRECTIONS: From Sacramento, take Hwy 50 East to Hazel Ave exit. Go North on Hazel Ave about 1.8 miles to Sunset Ave. Go East (right) on Sunset Ave. to Phoenix Park on the right (0.3 miles).

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2023 AVA National Walking Week by California Clubs

Date	Club	Reg. Time	Location	Walk	Meet	Contact	Phone
04/01	LDR	9:00am	Palm Springs	Celebrity (Y)	Desert Reg Med Center, 1150 No. Indian Canyon Dr, Palm Springs, 92262	Kathy Bundy	951.218.3755
	SWS	9:00am	Fair Oaks	Phoenix Park (TE)	9050 Sunset Ave, Fair Oaks, CA 95268	Myrna Jackson	916.481.6714
04/02	LDR	9:00am	San Diego	Old Town (Y)	Best Western Hacienda Hotel, 4041 Harney St, San Diego, 92110	Kathy Bundy	951.218.3755
	SWS	9:15am	Sacramento	Land Park (Y)	Sprouts Market, 4408 Del Rio Rd, Sac 95822	Jennifer Stanley	916.456.6538
	SWS	10:00am	Sacramento	Capitol (Y) book walk	Best Western Sandman Hotel, 236 Jibbom St, Sac 95814	Priscilla Fife	916.616.6003
	SBS	10:30am	Santa Cruz	Natural Bridges (Y)	State park back entrance Delaware Ave & Natural Bridges, Santa Cruz	John Glass	408.592.3866
04/03	LDR	7:00am	Murrieta (alt. Y)	Santa Rosa Plateau	Barons Market, 32310 Clinton Keith Rd, Wildomar, 92595	Kathy Bundy	951.218.3755
	SWS	9:15am	Sacramento	No. Laguna Creek Wildlife (Y)	24 hr. Fitness, 8785 Center Pkwy, Sac, 95823	Eva Nelson	916.261.9016
	PP	4:30pm	Auburn	Placer County Museums (Y)	Flour Garden Bakery, 340-C Elm Ave, Auburn, 95603	Jan Jerabek	916.253.9501
04/04	SWS	9:15am	Sacramento	Pocket Area (Y)	CVA Pharmacy, 7465 Rush Dr., #500, Sac 95831	Nancy Alex	916.217.4903
	SFBB	10:00am	San Francisco	Golden Gate Park (Y)	Sea Rock Inn, 545 Pt. Lobos @ 48th, S.F., 94121	Priscilla Fife	916.616.6003
	LDR	5:30pm	Wildomar	Town Walk (Y)	Palomar Post Office, 21392 Palomar St, Wildomar, 92595	Kathy Bundy	951.218.3755
04/05	LDR	8:30am	Riverside	Mt. Rubidoux and Mission Inn (Y)	Riverside Comm. Hospital, 4445 Magnolia Ave, Riverside, 92501	Kathy Bundy	951.218.3755
	SBS	3:45pm	Los Gatos	Trail & Town (Y)	Los Gatos Coffee Roasting Co, 101 W. Main St, Los Gatos, 95030	Holly Pelking	408.859.7978
	SWS	6:15pm	Davis	So. Davis/El Macero (Y)	Common Grounds Coffee, 2171 Cowell Blvd, Ste F, Davis 95618	Amul Purohit	530.400.1106
04/06	SWS	9:15am	Elk Grove	Charlie Fowble Memorial (Y)	Tea Garden, 9109 Laguna Main St #100, Elk Grove, 95758	Paul Robb	916.430.6649
	VVV	9:15am	Pittsburg	Contra Costa County (Y)	Steeltown Coffee & Tea, 695 Railroad Ave, Pittsburg, 94665	Tom Smith	707.628.9808
	SCS	9:30am	Sonoma	Sonoma County (Y)	Best Western/Sonoma Valley Inn, 550 2nd Street West, Sonoma, 95476	Marilyn Nasi	707.539.8083
	TTT	10:15am	Carson City	Capital Neighborhoods (Y)	Nugget Casino, 507 No. Carson St, Carson City, NV 89701	Judy Gordon	775.843.4503 day of walk
	LDR	5:30pm	Murrieta	Town Walk (Y)	Murrieta Police Dept, 2 Town Square Pkwy, Murrieta, 92562	Kathy Bundy	951.218.3755
	SBS	7:30pm	San Jose	Los Alamitos Creek Trail (Y)	Pfeiffer Park on Camden Ave across from Mt. Forest Ave.	Suzi Glass	408.592.3935
	SWS	8:00pm	West Sacramento, Full Moon Walk	Clarksburg Branch Line Trail (Y)	Nugget Market, 2000 Town Center Plaza, West Sac 95691	Susan Martimo	916.844.9599
04/07	DTT	8:30am	Galt - Town/Parks	Walk through a cemetery and a museum (Y)	McDonald's Hamburgers, 324 Pine St, Galt, 95632	Cathy Pauley	915.479.1060
	LDR	9:00am	Oceanside	Harbor/Pier (Y)	Oceanside Harbor Inn, 2008 Harbor Dr. North, Oceanside, 92054	Kathy Bundy	951.218.3755
	SBS	9:30am	San Jose	Rose Garden (Y)	park behind Zantotto's Market, 1970 Naglee, San Jose, 95126	Suzi Glass	408.592.3935
	SFBB	10:00am	San Francisco	Presidio (Y)	Presidio Visitor Center, 210 Lincoln Blvd., S.F., 94129	Priscilla Fife	916.616.6003
	SWS	3:00pm	Fair Oaks	Historic (Y)	Fair Oaks Coffee House, 10223 Fair Oaks Blvd, Fair Oaks 95628	Marcia Maurer	916.844.4673

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.

Walk
RIO VISTA, CA
APRIL 22ND

with the VACA VALLEY VOLKS
 Sanction Number: #124162-23



START: Bruning Park, 300 California St.
 Rio Vista, CA 94571

START: 9:00AM-12:00PM **END:** 4:00PM

DISTANCES: 5 & 10k **TRAILS RATED:** 1A

SPECIAL PROGRAMS: TH/CH, USA-R, Vet (10k)

DESCRIPTION: This walk follows sidewalks, streets, and roads as well as going through some residential and business areas with restaurants. The route is mostly level with some slight hills. Trails can be traversed during inclement weather, but would be difficult for wheelchairs and strollers in rain.

FEES: \$3.00 for IVV credit or non-IVV.
 Anyone can walk for FREE.

MISCELLANEOUS: Water and restrooms are at the start. It is a good idea to carry water. Pets are okay on leash with clean-up, but not inside any buildings.

CONTACT: Howard McGill at 707.447.9431
 Email: hiwayhowie@aol.com

DRIVING DIRECTIONS: From the West (Bay Area): Take I-80 E/B towards Rio Vista. After crossing the Sacramento River turn right at the end of the bridge onto Front Street, cross under the bridge and continue to Main St. Turn right on Main St then left on 3rd St. Continue to Montezuma St. and Bruning Park. **From the North/East (Sacramento):** Travel South on I-5 to Hwy 12. Exit at Hwy 12 West to Rio Vista. After crossing the Sacramento River, turn right at the end of the bridge onto Front St, cross under the bridge and continue to Main St. Turn right on Main St then left on 3rd St. Continue to Montezuma St and Bruning Park. **FROM THE SOUTH (STOCKTON):** Travel North on I-5 to Hwy 12. Exit West towards Rio Vista and follow the above directions.

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California Volkssport Convention

Morgan Hill, CA

May 5-7, 2023

Walking 

"Discovering the diversity of history offered along Highway 101."



Hosted by
South Bay Striders



AMERICA'S WALKING CLUB
— ESTABLISHED 1976 —



For more information, visit
<https://my.ava.org/find-an-event.php>
(Search by state - California)



Convention Check in and Start Table: Comfort Inn,
16225 Condit Road, Morgan Hill, CA 95037

Hotel

Comfort Inn, 16225 Condit Road, Morgan Hill

Hotel Registration: Ask for Special Rates under
South Bay Striders Group, Phone: 408.778.3400

Rates: Double Queen Room - \$146/night

Single King Room - \$136/night

Mini King Suite (King & pull-out Queen) - \$159/night

Deadline for special Rates is April 20th.

RV's:

- ✓ Maple Leaf RV Park (2 miles from Comfort Inn) 15200
Monterey Hwy, Morgan Hill 408.776.1818
- ✓ Parkway Lakes RV Park (8 miles from Comfort Inn) 100
Ogier Ave., Morgan Hill 408.763.4851
- ✓ Uvas Pines RV Park (6.2 miles from Comfort Inn) 13210
Uvas Rd., Morgan Hill 408.779.3417
- ✓ Morgan Hill RV Resort (6.1 miles from Comfort Inn) 12895
Uvas Rd., Morgan Hill 408.779.6396
- ✓ Oak Dell Park (5.7 miles from Comfort Inn) 12790
Watsonville Rd., Morgan Hill 408.779.7779
- ✓ Coyote Valley RV Resort (11 miles from Comfort Inn) 9750
Monterey Hwy, San Jose 408.463.8400

CVA Convention



Start table address and hours: Comfort Inn, 16225 Condit Road, Morgan Hill, CA 95037. Friday: 1:00pm-4:00pm, Saturday & Sunday: 9:00am-12:00pm.

Walk 1: Morgan Hill Town. SN: 124185-23 rated 1A, 5 & 10k
Easy for strollers and wheelchairs. Pets OK. Restrooms and water on route. Special Programs: Clock, Par, TH/CH, Vet, WwW-M.

Walk 2: Morgan Hill, Coyote Creek Trail. SN: 124184-23 rated 1A, 5 & 10k. Easy for strollers and wheelchairs. Pets OK. Restrooms and water on route. Special Programs: R-to-T, WwW-M.

Walk 3 San Jose - The Hills of Evergreen. #124186-23 rated 2B, 5 & 10k. You can also register via Online Start Box (OSB) May 1 – May 8. Hard for strollers and no wheelchairs. Pets OK. Restrooms and water on route. Special Programs: Par, WwW-S.

Walk 4: San Juan Batista Town and Mission #124190-23 rated 1A, 5 & 10k. You can also register via Online Start Box (OSB) May 1 – May 8. Medium for strollers and hard for wheelchairs. Pets OK. Restrooms and water on route. Special Programs: May, Vet, WwW-S.

RESTROOMS AND WATER: Restroom and water available at the start/finish and along the trails. Pets are OK on all 4 events.

KEY EVENTS / TIME / LOCATION:

Convention Check-In: Comfort Inn, 16225 Condit Road, Morgan Hill, CA 95037 (Times for attendees to pick up name badge, meal ticket and walk directions. **Friday, May 5 1:00pm-4:00pm / Saturday, May 6 - 9:00am-12:00pm / Sunday, May 7 - 9:00am-12:00pm**

Meet & Greet (free): Friday, May 5 from 6pm-7pm
Comfort Inn, 16226 Condit Road, Morgan Hill, CA

Delegate registration: Saturday, May 6 at 12:00pm- 1:00pm. Morgan Hill Community and Cultural Center, 17000 Monterey Rd, Morgan Hill.

Saturday CVA business meeting: Morgan Hill Community and Cultural Center, 17000 Monterey Rd, Morgan Hill, CA 95037. **12:30pm doors open. Meeting 1:00pm-4:00pm**

Group Dinner: Saturday, May 6 at 6pm (pre-registration only)
Mama Mia's restaurant, 275 E Dunne Ave, Morgan Hill, CA

Pre-Registration form with payment must be received by **April 22nd**

Name _____

Address _____

City/State/ZIP _____

Phone _____ e-mail _____

Make your check/money order payable to South Bay Striders (no cash please) and mail to South Bay Striders 15680 Alum Rock Ave, San Jose, CA 95127.

Sorry, no refunds for no-shows. **FOR MORE INFORMATION**, please contact: Holly Pelking (408) 859-7978.

Walk 1: IVV Credit \$3 ___ Free ___ How many? ___ Total \$ ___

Walk 2: IVV Credit \$3 ___ Free ___ How many? ___ Total \$ ___

Walk 3: IVV Credit \$3 ___ Free ___ How many? ___ Total \$ ___

Walk 4: IVV Credit \$3 ___ Free ___ How many? ___ Total \$ ___

Award TBD

Friday Night Meet & Greet (no cost) Yes or No (circle one)
If Yes, how many _____

Saturday, May 6 - 6 pm Group Dinner - \$55
How many? ___ Total \$ _____

Mama Mia's, 275 E Dunne Ave, Morgan Hill, CA *Dinner will be a pasta buffet with Gilroy Garlic Chicken, Fresh Vegetable Primavera (V) in Marinara Sauce, and Smoked Salmon in Dill Cream Sauce. The price includes an appetizer, salad, roll, entrées, dessert and iced tea, tax, and gratuity..*

Payment due April 22nd.

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**Renew or Subscribe to
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For 2 issues of 2023**

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Questions? Call Jean Lucas at 530.848.5362 or email her at jeanb@dcn.org

Thank you!

walk

PETALUMA, CA

MAY 20, 2023



'CRUISIN the BOULEVARD'



Two 5K Walks.

Sanction Number: #124147-23

Sponsor: Sonoma County Stompers

Special Programs: Clock, Par, TH/CH, USA, Vet, 50St

Start Point: McNear Park, 11th St between F and G Streets.

(412 11th St is across from Park) Petaluma, CA 94952

Start Time: 8AM to 12PM Finish: by 4PM

Distance: Two 5K loops, 10K total Trail Rating: 1A

Trail: Two loops. One loop passes through residential areas, tree lined sidewalks and trails (5K). Second 5K extends into downtown and back to park passing numerous 'Victorian' homes and the 50th Anniversary of American Graffiti activities. First loop would be easy for strollers and wheelchairs; the second loop is difficult for wheelchairs and strollers due to congestion. Pets are allowed on leash and with pick up but congestion a problem.

Fees: \$3.00 for AVA Credit. May walk for no credit or free.

Miscellaneous: Water and restrooms are available at the start/finish. Parking is available at start location. "Cruisin' The Boulevard" is an annual salute to the movie *American Graffiti*. This is the 50th Anniversary of the movie's release. There are numerous activities, including one of the largest free car shows on the West Coast. Come - see classic cars parked on 'Main' St.

Directions: From the South – NORTH on Hwy 101, exit RIGHT at the Downtown Petaluma/Washington St exit crossover Hwy 101 go thru downtown Petaluma. Left on Howard St at signal light near top of hill (Shell Gas Station on corner). Proceed on Howard past Catholic Church, jog slightly right. Now on 6th St. Proceed until either F St or G St turn RIGHT and travel three blocks. The last block is McNear Park. Park along street, there is additional parking along 11th St.

From the North- Going SOUTH on Hwy 101 exit at the Downtown Petaluma/Washington St exit. Turn RIGHT and follow directions above.

Contact: Don Deal 707.835.3798
Day of Walk: 707.486.8528 (cell)
www.SonomaCountyStompers.org

**** REMINDER: 5/10 - Deadline for 3rd Q 2023 COMPASS Articles ****

**** DEADLINE: 5/15 - SUBSCRIBE OR RENEW for 2 issues for 2023 ****

WEBSITES

AVA: www.AVA.org

myAVA.org - personal account, OSB

CVA: www.cva4u.org

IVV: ivv-web.org

California Club Websites

CCBB: www.beachboardwalkers.org

DTT: www.DeltaTuleTrekking.org

LDR:

www.LowDesertRoadrunners.org

PP: www.PlacerPacers.org

SBS: www.SBStriders.org

SCS:

www.SonomaCountyStompers.org

SFBB: www.facebook.com/SanFranciscoBayBandits

SWS:

www.SacramentoWalkingSticks.org

TTT: www.TahoeTrailTrekking.org

VVV: www.VacaVolks.org



Invite you to walk

LOVIN' LAFAYETTE

Saturday, June 10, 2023

Sanction Number: #124177-23

START LOCATION: Gazebo Park

3425 Mount Diablo Blvd., Lafayette, CA 94549

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

DISTANCES: 5 km and 11 km (with 4.6 km option)

TRAIL RATING: 5 km is 1A; 11km is 2A due to one significant hill. Paved sidewalks and trails, and along roads. May not be suitable for wheelchairs and strollers.

FEE: \$3.00 for IVV credit and non-IVV. New walkers free. Donations appreciated.

DESCRIPTION: Come walk in historic Lafayette, located in the East Bay hills. Stroll through shaded neighborhoods. Visit the History Center and Library. 11K goes to Lafayette Reservoir, with the option to walk around it on Lakeside Nature Trail. Enjoy lunch and shopping downtown. Say hello to the Marquis de Lafayette (statue).

MISCELLANEOUS: **NO RESTROOM AT START. Nearest restroom is at McDonald's, 2nd Street and Mount Diablo Blvd.** Restrooms and water at library, Lafayette Reservoir, and businesses along the way. Free parking at Gazebo Park; additional parking at library and along street (watch signs). Dogs on leash are welcome with clean-up.

SPECIAL PROGRAMS: Clock, Par, TH/CH, Vet.

CONTACT: Pat Thomas 925.405.7398 (leave message) or email sfbaybandits@aol.com

DRIVING: From Sacramento: 80 West; exit 40 to 680 South; exit 46 to 24 West; exit 14 toward Pleasant Hill Road /Mount Diablo Blvd., watch signs & aim for Pleasant Hill Road South / Rossmoor; circle right to merge onto Pleasant Hill Road, get in right lane (Walnut Creek) but take the second right at the light to turn onto Mount Diablo Blvd. After crossing Brown Avenue, U-Turn at Golden Gate Way; Gazebo Park on Right.

From San Francisco: 80 East; use right 3 lanes to exit 8B to 580 East; right 2 lanes to exit 19B to 24 east, after the tunnel exit 12 to Oak Hill Road right toward Central Lafayette. Left on Mount Diablo Blvd. After Second Street, Gazebo Park will be on the right.

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THE
DELTA TULE TREKKERS

Invite you to

Walk Among the Tall, Tall Trees

Sanction Number: #124160-23

CALAVERAS BIG TREES

STATE PARK

July 1, 2023

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



Start: 8:00am-12:00pm
Finish: 3:00pm
Distances: 5k & 10k.
Ratings: 5K-1A 10K-2B
Fee: AVA Credit only \$3.00. You may walk free if no credit desired.

Description: A beautiful walk on paved and dirt trails and fire roads through the woods to the Scenic Overlook for 10K walkers. The Three Senses Trail and North Grove Big Trees Trails are included in the walk for both 5K and 10K walkers. There are hills on the 10K walk.

Special Programs: Co: Cala, R-to-T, WwW

Miscellaneous: Water and restrooms available at the start and along the route. Wheelchairs and strollers advised to do 5K. Dogs are welcome on leash in developed areas and campgrounds. Dogs are not allowed on the trails, nor in the woods in general. Camping is available in the park. Contact [www. ReserveCalifornia.com](http://www.ReserveCalifornia.com) 1-800-444-7275.

Additional Information: There is a park entrance fee of \$10.00 or \$9.00 for seniors.
Carpooling advised.

Contact: Joan Sykes at - 915-479-1060, 412-337-2538 or the club website, www.deltatuletrekkers.org

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



Take Year Rounds to a New Level

Want to add some zest to often-walked YRE's? Here are three ideas other clubs have successfully pursued.

Walk the route as a birthday party –

add favors and activities along the way – a kazoo rendition of “Happy Birthday”, paper and pens to play “Hangman” with others, a lei for each participant, picture ops with the birthday person.

– Thanks Ginger & Ty Fredriks - CCBB



Use your local Meet-Up app –

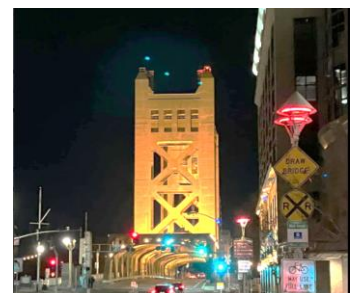
The organizer pays a fee, but participants can be free or charged. Check it out at Volkswalking in Southern CA.

–Thanks Kathy Bundy - LDR

Walk the route differently –

Try the walk backwards (directions, not the people) or at night. Everyday things take on a whole new look!

–Thanks Tammi Kerch - SWS



Year Round & Seasonal Event Changes since Q1 Issue

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

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

Calistoga - Co: Napa - walk (Y0268), start: Calistoga Roastery, 1426 Lincoln Ave., Calistoga, CA 94515, POC: Marilyn Nasi 707.486.8528 by SCS

Capitola - Co: SCruz - walk Secret Paths & Stairways (Y1183) start: Coffeetopia, 3701 Portola Dr., Santa Cruz, CA 95062, POC: Holly Pelking 408.859.7978 by SBS **ALERT:** Capitola Wharf was severely damaged in the sorms of January. Some parts of trails may have detours.

Carmel - Co: Mont - Point Lobos walk (Y0445) start: Lopez Taqueria, 500 Del Monte Ave, Monterey, CA 93940, POC: Suzi Glass, 408.592.3935 by SBS **Call** 831.624.4909 for park trail status. January rain damage now being fixed.

Carson City, NV - Co: Douglas - walk Capital Neighborhoods (Y0936), start: Hardman Hotel - 917 No. Carson St., Carson City, NV 89701, best call before coming 775.882.7744. POC: Judy Gordon 775.843.4503 by TTT

Davis - Co: Yolo - bike Circle Davis Tour (Y0007) & 2 walks: South Davis/EIMacero (Y0617) & Southwest Tunnels & Bridges (Y1624), start: Common Grounds Coffee, 2171 Cowell Blvd, Suite F, Davis, CA 95618. POC: Amul Purohit 530.400.1106 by SWS

Laguna Niguel - Co: Orng --Regional Park walk (Y1342), start: Ted's Place Restaurant, 23900 Aliso Creek, Laguna Niguel, CA 92677. POC: Jean Vik 951.317.7860 by LDR

Morongo Valley - Co: SnBer - walk Big Morongo Canyon Preserve (Y0126) start OSB only. POC: Sue Obradovitz 951.333.6806 by LDR.

Murrieta - Co: Riv - walk Old Town & Veterans Park (Y2011), start Montague Brothers Coffee, 21545 Palomar St, Wildomar, CA 92595. POC: Kathy Bundy 951.218.3755 by LDR

Redondo Beach - Co: LA - walk the Boardwalk (Y0490) start: OSB only POC: Dottie Schwieger 951.505.9738 by LDR

Reno, NV - Co: Washoe - 2 walks Historical (Y0023) and UNR/San Rafael (Y0935) , start: National Automobile Museum, 1 Museum Dr., Reno, NV 89051, POC: Judy Gordon 775.843.4503 by TTT

San Luis Obispo - Co: SLO - walk San Luis Obispo & Cal Poly University, start: The Wayfarer Inn, 1800 Monterey St, San Luis Obispo, CA 93401-2614. POC: Ty Fredriks 805.714.1552 by CCBB

Santa Rosa - Co: Son - 2 walks Luther Burbank Gardens (Y1100) & Prince Greenway/Historic Santa Rosa (Y0758), start Lucky Market, 915 Village Ct., Santa Rosa, CA 95405, POC: Marilyn Nasi 707.486.8528 by SCS

Sebastopol- Co: Son - walk near Santa Rosa (Y0793) start OSB only. POC: Marilyn Nasi 707.486.8528 by SCS

Sonoma - Co: Son - walk Sonoma County (Y0752) start: Best Western Sonoma Valley Inn, 550 Second St West, Sonoma, CA 95476, POC: Marilyn Nasi 707.486.8528 by SCS

Yorba Linda - Co: Orng - walk Nixon Library (Y0735) start OSB or contact POC to register. POC: Dottie Schwieger, 951.505.9738, HiDotWalk@aol.com by LDR

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Delivery possible at upcoming walk events.

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California Events 2nd Quarter, 2023

No.	Date	Event	Club	Location	Co
	04/01 - 04/07	W		National Walking Week see page 8	
1	04/01	W	SWS	Fair Oaks - Phoenix Park	Sac
2	04/22	W	VVV	Rio Vista - Park & Town	Sol
3	05/01-05/08	W	SBS	CVA Convention: San Juan Bautista	SnBen
4	05/01-05/08	W	SBS	CVA Convention: San Jose - Hills of Evergreen	SClar
5	05/05-05/07	W	SBS	CVA Convention: Morgan Hill, Coyote Creek Trail	SClar
6	05/05-05/07	W	SBS	CVA Convention: Morgan Hill - Town	SClar
	05/10		All	COMPASS Articles due for 3rd quarter issue	
	05/15		All	COMPASS deadline to subscribe for 2 issues	
7	05/20	W	SCS	Petaluma - Cruisin' the Boulevard	Son
8	06/10	W	SFBB	Lafayette -- Lovin' Lafayette	CC
9	07/01	W	DTT	Arnold - Walk Among the Tall, Tall Trees	Cala

