

The COMPASS

A Publication of the *California Volkssport Association*

July

August

September

2023



Walking 

THANK YOU, South Bay Striders,
for the 2023 CVA
Convention with unique
and interesting views off
Highway 101, a Meet &
Greet with a Cinco de
Mayo flare, business
meeting and dinner at
Mama Mia's.



Pictures clockwise from top left: Morgan Hill's moving sculpture, Coyote Creek Trail, Sikh Temple in San Jose's Evergreen area, PARD Carl Cordes asks for attention at the Meet & Greet, San Juan Bautista (sculpture, Mission, and town).

Photos by Sue Hickman and Lynette Patten.



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



CONTENTS, AVA VISION, MISSION & OFFICERS

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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



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

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

CVA's Guide to Walking



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 11 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 11), 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 took 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 Q3 CVA CONTACTS: CALIFORNIA CLUB & CVA OFFICERS

CCBB: Central Coast Beach Boardwalkers Ty Fredriks 805.937.3800 847 Blake Street Santa Maria, CA 93455-4956 ty@beachboardwalkers.org	DTT: Delta Tule Trekkers Cathy Pauley 915.479.1060 3315-1/2 Cherryland Ave. Stockton, CA 95215 president@deltatuletrekkers.org	LDR: Low Desert Roadrunners Kathy Bundy 951.218.3755 P.O. Box 416 Wildomar, CA 92595 bunznkatz7@gmail.com
PP: Placer Pacers Bruce McDevitt 530.412.4452 371 Cuckoo Court Applegate, CA 95703 Walknsail@gmail.com	SBS: South Bay Striders Chris Zegelin 408.529.9724 15680 Alum Rock Ave. San Jose, CA 95127 chris@zegelin.com	SCS: Sonoma County Stompers Marilyn Nasi 707.539.8083 110 Valley Lakes Drive Santa Rosa, CA 95409 mbnasi91@comcast.net
SFBB: San Francisco Bay Bandits Priscilla Fife 916.616.6003 2241 Pacific Ave., #B Alameda, CA 94501 sfbaybandits@aol.com	SWS: Sacramento Walking Sticks Barbara Nuss 916.283.4650 P.O. Box 277303 Sacramento, CA 95827-7303 nussb@surewest.net	TTT: Tahoe Trail Trekkers Betsy McDevitt 530.412.4453 371 Cuckoo Court Applegate, CA 95703 betsywalks@gmail.com
	VVV: Vaca Valley Volks Tom Smith 707.449.0574 848 Stonegate Court Vacaville, CA 95687 smithkey78@gmail.com	

CVA OFFICERS

President Cathy Pauley 915.479.1060 3315-1/2 Cherryland Avenue Stockton, CA 95215 President@CVA4u.org	Secretary Diane Gomes 209.815.6042 1264 Sprague Street Manteca, CA 95336 secretary@CVA4u.org	Treasurer Steve Hughart 916.616.7150 P. O. Box 277303 Sacramento, CA 95827 hugharts@sbcglobal.net
Vice President, North Heidi Foster 916.792.1720 8887 Bluff Lane Fair Oaks, CA 95628 heidiwalks@sbcglobal.net	Vice President, Central Priscilla Fife 916-616-6003 2241 Pacific Avenue #B Alameda, CA 94501 VP-Central@CVA4u.org	Vice President, South Maureen Carlson 909.227.5319 30268 Gulf Stream Dr. Canyon Lake, CA, 92587 mwoodchem@yahoo.com
The COMPASS Staff Editor Suzi Glass 408.592.3935 5562 Vassar Drive San Jose, CA 95118 glass2walk@gmail.com	Business Editor Jill Simmons 707.448.5148 304 Creekview Court Vacaville, CA 95688-5318 jillmail@sbcglobal.net	Mailing List, Donations & COMPASS Subscriptions Jean Lucas 530.848.5362 2423 Regis Drive, Davis, CA 95618-2543 jeanb@dcn.org
COMPASS SUBSCRIPTION DEADLINES Subscribe by August 15th for the last issue in 2023 Subscribe by November 15 for all 4 issues in 2024 Subscribe by February 15th for 3 issues in 2024 Subscribe by May 15th for 2 issues in 2023		Webmaster: Judy Gregory 916.539.0833 3356 Balada Way Rancho Cordova, CA 95670 californiavolks2019@gmail.com

Message from the Prez, Cathy Pauley

Happy Anniversary California Volkssport Association! We celebrate 40 years this year and were presented a 40th Anniversary Certificate. I also want to congratulate LDR who celebrates its 40th anniversary and CCBB celebrating their 5th anniversary.

What an amazing time in San Antonio, Texas, attending the 18th IVV Olympiad Convention. Our own Holly Pelking and Chris Zegelin played major roles in the planning and execution of the weeklong event, and your PARD Carl Cordes, was a committee chair and MC for opening and closing ceremonies! The entire committee did a fantastic job in putting it together. A fan favorite was the Taco & Margarita Walk. Each business gave a gift or beverage to the walkers and a book stamp.



As you read this, the CVA Annual Convention and Meeting has closed. The South Bay Striders did an amazing job planning the walks, meeting room and hotel during a very busy year. We had over 75 people registered and the SBS were well organized and made checking in easy! Attendees were able to go on four walks – Morgan Hill downtown; Morgan Hill Coyote Creek; San Juan Bautista; and San Jose Evergreen. We had a lot of great discussion about reorganizing CVA and updating the Constitution and By-Laws. CVA Officers (appointed and elected) and Club Presidents will be getting email traffic soon about a Special Election this Fall.

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 TWs. (Ex: Start table open: 9 a.m.-12 noon. Finish by 3 p.m.)

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 a second time. By the time you read this, I will hopefully be retired and working on that bucket list I mentioned last quarter.

This quarter’s photo is from the 18th Olympiad standing in front of AVA Headquarters! I am so happy I was able to visit our “Mother Ship!”

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.

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 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.



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July 8, 2023
 Lake Tahoe, CA
 the Tahoe Trail Trekkers
 present: VOLKSWALK @
 Emerald Bay/
 Rubicon Trail South



SANCTION #124295-23

START/FINISH TIME: 9:00 am to 1:00 pm; finish by 4:00 pm.

RATING: Both 5k and 10k routes are 2B. Neither is suitable for wheelchairs or strollers.

START LOCATION: Campfire Center at Upper Eagle Point Campground parking lot in Emerald Bay State Park. 38.95460 120.08413 Emerald Bay Rd., CA, 96150, follow the signs for Emerald Bay State Park Campground.

DISTANCES/TRAIL: 5k & 10k (3.1 mi. & 6.2 mi.)

Walk along the upper Rubicon Trail descending to lake-level at the Vikingsholm Castle (you may want to take a tour, extra fee). 5k walkers will retrace their steps back to the start/finish. 10k walkers will continue along a level bayside trail passing the checkpoint for a few meters, then turnaround and retrace their steps back to the Vikingsholm, and up the trail to the start/finish. Walkers will come upon breathtaking scenery, wildlife, and occasional picnic spots along the entire trail, thus making for a most enjoyable event in El Dorado County.

SPECIAL PROGRAMS: USA & WwW.

FEES: Credit only is \$3.00. You may walk for free if no credit is desired, donations appreciated. There is a \$10.00 park entrance fee, \$9.00 for seniors (62 years+).

MISCELLANEOUS: Water and restrooms are available at start/finish and at the Vikingsholm/5k turnaround. 10k walkers, one more restroom available before the 10k checkpoint. Hiking sticks advisable, carry water, dogs not allowed.

ADDITIONAL INFORMATION: POC Betsy McDevitt
betsywalks@gmail.com 530-412-4453

Website: www.tahoetrailtrekkers.org

DIRECTIONS: From the Tahoe City "Y" drive south on Hwy 89 for ~20 miles to Emerald Bay State Park. Sign is on the right, but you must turn sharp LEFT to enter the park.

From the South Lake Tahoe "Y" drive north on Hwy 89 for ~12 miles to Emerald Bay State Park. Sign is on your right and turn RIGHT to enter the park.

BOTH: After passing the kiosk, \$10.00/\$9.00 fee, continue on the campground road until you see a dirt parking lot and AVA Banner. Park there and use signage to find the start/finish point at the Campfire Center.



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 includes walkers who received Event Awards, as listed in the March and June 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
Angie Beckler	30 Events
Nicolas Diaz	150 Events
Jennifer Diaz	200 Events
Dick Bechtholdt *	250 Events
William Diaz *	250 Events
Ginger Fredriks *	250 Events
Ty Fredriks *	250 Events
Warren Tellefson	275 Events
Christine Williams	275 Events
Nancy Tellefson *	300 Events
John Glass *	1,300 Events
Dana Beales *	1,500 Events
Suzi Glass	1,800 Events
Marilyn Ratliff	2,000 Events
Barbara Nuss	2,100 Events
Don Ratliff	2,100 Events
Dorothy Schwieger	2,800 Events
Bud Simmons	2,800 Events
Jean Vik *	3,400 Events

Below are the names of walkers who received Distance Awards, as listed in the March or June copies of *The American Wanderer*. The greatest distance they walked is found here.

Name	Total KM
Bill Maffei	500 KM
Dick Bechtholdt	2,000 KM
John Glass	11,000 KM
Suzi Glass	20,000 KM

The South Bay Striders invite you to walk to

SEAS The Day
PEBBLE BEACH, CA

Saturday, July 15

Sanction #124316-23



LOCATION: George Washington Park, Sinex & Alder Streets, Pacific Grove, 93950
START: 9:00am-12:00pm **FINISH** by 3:00pm
DISTANCES & RATINGS: 5k-1B & 10k-1C

DESCRIPTION: The routes take you around the Spanish Bay golf course, part of the Pebble Beach golf complex. The walks follow trails through the woods and along the beach. You see fabulous houses along 17 Mile Drive as well as wonderful views of the golf course. As you crest the sand dunes, the combination of the links and surf beyond is breathtaking and shows why this area is so famous.

FEE: AVA Credit is \$3. New walkers may walk for free. Donations are appreciated.

MISCELLANEOUS: Water and restrooms are at the start and along the trail. Sorry, no pets, strollers, or wheelchairs due to the amount of rough trail and loose sand (hence the B & C ratings).

SPECIAL PROGRAMS: Par, R-to-T, USA

CONTACT: Suzi Glass at 408.592.3935, glass2walk@gmail.com or SBStriders.org

DIRECTIONS: From North or South of Monterey, take the CA Hwy 68 West exit. Just after David Ave., the road splits into Forest Ave. and Sunset Dr. Take Forest Ave to the RIGHT. The next major intersection is Sinex Ave – turn LEFT. Washington Park and the start are about a mile down on your RIGHT. Park on the street.

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**Ice Cream Walk!
Sacramento, CA
August 9 & 10**



SANCTION NUMBER: #124335-23; Credit Only

SPONSOR: Sacramento Walking Sticks

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

START TIMES: Wed: 5:30 pm – 7:00 pm
Thur: 10:00 am - 11:00 am

FINISH TIMES: Wed: 10:00 pm, Thur: 2:00 pm

DISTANCE: 5K, 10K **TRAILS RATED:** 1A

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

SPECIAL PROGRAMS: May, Par, Vet, WwW, 50St, 51Cap.

MISCELLANEOUS: Vic's hours: 11:00 am – 6:00 pm, Gunther's hours: 11:00 am – 9:00 pm

CONTACT: Barbara Nuss, 916.283.4650, nussb@surewest.net; or Steve Hughart, 916.616.7150

DIRECTIONS: From Business 80/US 50 eastbound: take the 15th St Exit and turn right. Turn right on Broadway. Turn left on Riverside Blvd. From Business 80/US 50 westbound: take the 16th St Exit (stay in left lane of exit). Take W St to 15th St (one block) and turn left. Turn right on Broadway. Turn left on Riverside Blvd. Vic's is on your left. Park across the street at the end of the strip mall and surrounding streets.



** REMINDER: 8/10 - Deadline for 4th Q 2023 COMPASS Articles **

DELTA TULE TREKKERS

Invite you to walk

AUTUMN IN MODESTO



SEPTEMBER 9, 2023

Sanction: #124340-23

Start: Starbucks, 800 Oakdale Rd., Modesto, CA 95355

Start Time: 8:00 – 11:00 a.m. **Finish by:** 2:30 p.m.
Distances & Trail Ratings: 5K – 1B; 10K – 1B

Fee: AVA Credit only \$3.00 or walk for free. Donations are appreciated.

Description/Miscellaneous: A wonderful walk along a woody trail, with the beginning of fall leaves crunching as you stroll by. This walk is east, the opposite direction of the year-round walk. You will enjoy the beauty of residential areas and follow part of a golf course. There is a slight hill at the beginning and end of the walk, which may increase difficulty for strollers and wheelchairs for a very short distance. Water and restrooms at start and on route. Pets okay on leash and with clean-up.

Special Programs: Co: Stan, Par, R-to-T, WwW.

Contact: Cathy Pauley 915-479-1060 or the club website, www.deltatuletrekkers.org

Directions: 800 Oakdale Rd., Modesto, CA 95355. From Hwy 99 S, exit Briggsmore Ave. Left on Briggsmore a few miles to Oakdale Rd. Right on Oakdale Rd. several blocks to Starbucks on left in strip mall before Scenic Dr.

Northbound, exit Hwy. 99 at Mitchell Rd. Follow Mitchell as it changes name to El Vista, cross Scenic Dr. and El Vista becomes Oakdale Rd. Starbucks is on the right at the corner of Scenic and Oakdale Rd.

Year Round & Seasonal Event Changes
since the Q 2 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.

Benicia - Co: Sol - 2 walks Benicia State Recreation Area (Y1346) - remote start after sign-in & **Historic (Y0213)**, start Starbucks, 90 Solano Square, Benicia, CA 94510 POC: Howard McGill 707.447.9431 by VVV

Coronado - Co: SD - Herm Husbands Memorial Walk (Y0352) start: Coronado Historical Assoc. Museum, 1100 Orange Ave., Coronado, CA 92178 POC: Carl Cordes 702.540.6632 by PARD

Crestline - Co: Sn Ber - walk Lake Gregory (Y1826) start: OSB only POC Bob Gebo 951.924.2208 by LDR

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

Lincoln - Co: Pla - seasonal walk 07/01/2023 - 12/31/2023 Lincoln Trails (Y3329) start: Sprouts Market, 115 Ferrari Ranch Rd, Lincoln, CA 95648, POC: Don Ratliff 916.645.8280 by PP.

Olympic Valley - Co: Pla - seasonal walk 05/01/23 - 11/30/23 Squaw Valley - John Daegling Memorial (Y1785) start: The Village at Palisades Tahoe, 1750 Village East Rd, Olympic Valley, CA 96146, POC: Lynn Booth 209.614.4310, by TTT

Placerville - Co: EID - seasonal walk 07/01/2023 - 12/31/2023 Old Hangtown (Y3330) start: Buttercup Pantry, 222 Main St, Placerville, CA95667, POC: Charlotte Henshaw 530.885.3662 by PP

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

Walk with the VACA VALLEY VOLKS at



RUSH RANCH

SEPTEMBER 23rd

Sanction Number 124334-23

START LOCATION: Rush Ranch
3521 Grizzly Island Rd., Suisun City, CA 94585

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

DISTANCES: 6 km and 11 km

TRAIL RATING: 2B - 3 packed dirt trails. Hill Trail rated 3 (rather steep with a wonderful view). Not suitable for wheelchairs; strollers will have difficulty on uneven trails.

DESCRIPTION: Come walk with us at Rush Ranch. A brackish tidal marsh and rolling grassland over 2000 acres-habitat for fish, birds (230 species), and plants. The Marsh Trail + Levee includes open pasture; the South Pasture Trail is thru grasslands; the Hill Trail has a 500 ft. Hill (fabulous view!).

FEE: \$3.00 for IVV credit. May walk for no credit or free.

SPECIAL PROGRAMS: WwW "S"

MISCELLANEOUS: Water and restrooms are available at the start. A good idea to carry water. No pets except at the Visitor Center and on the Hill Trail (on leash with clean-up).

CONTACT: Tom Smith at 707-449-0574
email: smithkey78@gmail.com

DIRECTIONS: From Sacramento-Take I-80 West, exit at Abernathy Rd., turn left. Turn left on Hwy 12. From Bay Area-Take I-80 East, take Hwy 12 exit. For both: Turn right onto Grizzly Island Rd. Continue for about 2 miles to Rush Ranch on the right.

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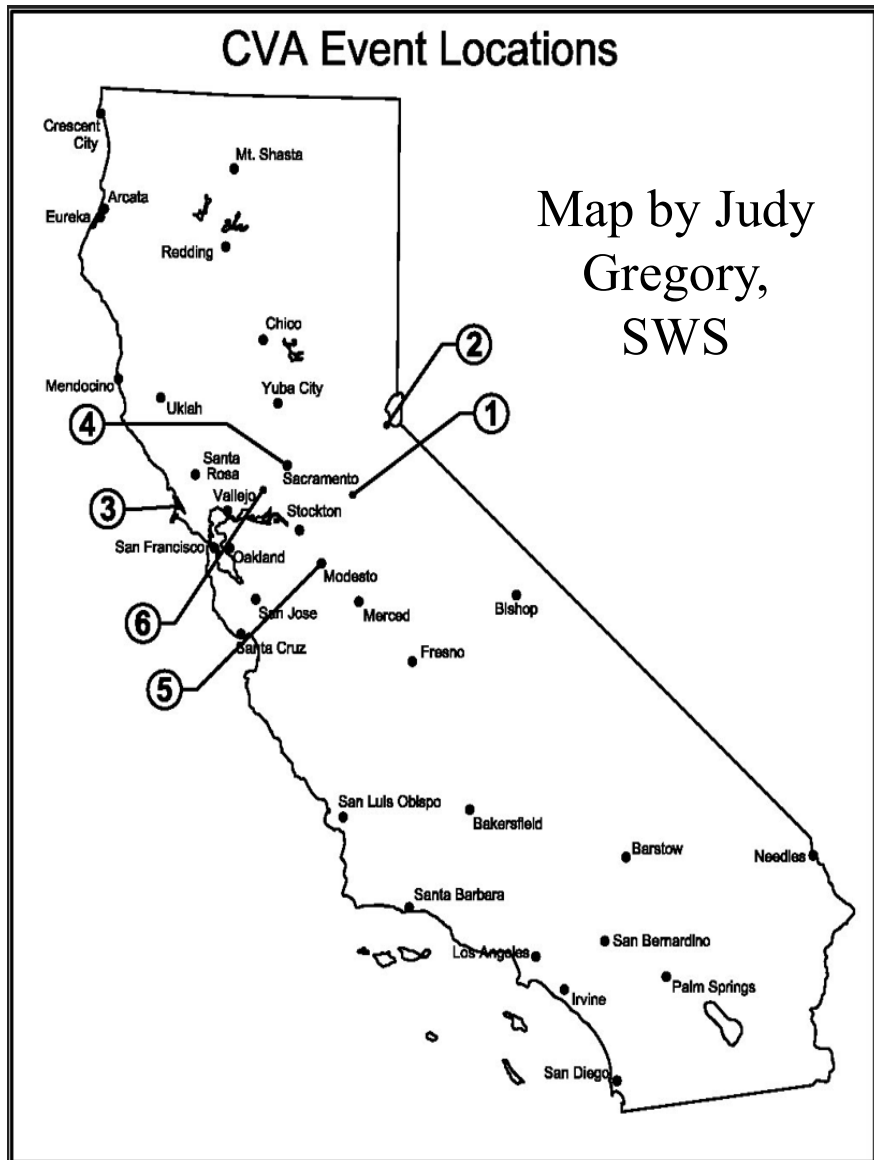
DEADLINE: 8/15 - SUBSCRIBE for the last issue in 2023

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

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California Events 3rd Quarter, 2023

No.	Date	Event	Club	Location	Co
1	07/01	W	DTT	Arnold - Walk Among the Tall, Tall Trees	Cala
2	07/08	W	TTT	Lake Tahoe --Emerald Bay & Rubicon Trail	EID
3	07/15	W	SBS	Pebble Beach -- Seas the Day	Mont
4	08/09 & 08/10	W	SWS	Sacramento --- Ice Cream walks	Sac
	08/10		All	COMPASS Articles due for 4th quarter issue	
	08/15		All	COMPASS deadline to subscribe for last 2023 issue	
5	09/09	W	DTT	Modesto -- Autumn in Modesto	Stan
6	09/23	W	VVV	Suisun City -- Rush Ranch	Sol



Map by Judy Gregory, SWS

TW'S are Coming Back!
 Please support them so clubs can afford to offer them.

Save these dates!
2024 CVA Convention
April 26, 27 & 28, Sonoma County
 Co-hosted by SCS & VVV
 Sat meeting at Rohnert Park Comm Ctr
 details of hotel/start location will be released in the future.

