

# *The* *COMPASS*

A Publication of the *California Volkssport Association*

*January*

*February*

*March*

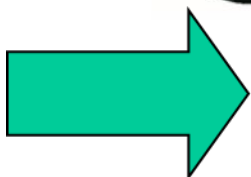
*2024*



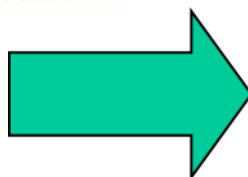
**During the Rose Garden/SCU YRE, South Bay Striders complete the labyrinth on the Rosicrucian grounds. Photo by Lynn Patten**



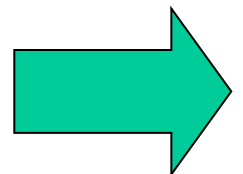
**AMERICA'S  
WALKING CLUB**  
— ESTABLISHED 1976 —



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**Renew**



**CONTENTS, AVA VISION, MISSION & OFFICERS**

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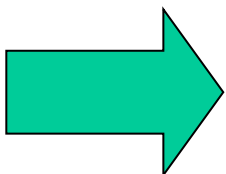
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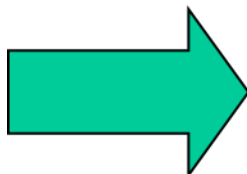
***AVA's Vision: Increasingly  
 engage Americans in lifelong  
 walking and other  
 noncompetitive physical fitness  
 activities.***

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

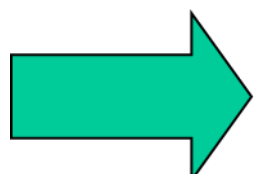
<b><u>COMPASS Article Deadlines</u></b>
<b>February 10</b> for April, May & June events
<b>May 10</b> for July, August & September
<b>August 10</b> for Oct., Nov. & Dec events
<b>November 10</b> for Jan., Feb. & March events send to Suzi Glass: glass2walk@gmail.com



**Renew**



**Subscribe see Page 8**





## **New Walkers: Start Here**

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 45 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 12), 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 2024, the Convention will take place April 26, 27, and 28 in Rohnert Park.

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.

# 2024 Q1 CVA CONTACTS: California Club & CVA Officers

<p><b>CCBB:</b> Central Coast Beach Boardwalkers Ty Fredriks 805.937.3800 847 Blake Street Santa Maria, CA 93455-4956 ty@beachboardwalkers.org</p>	<p><b>DTT:</b> Delta Tule Trekkers Cathy Pauley 915.479.1060 3315-1/2 Cherryland Ave. Stockton, CA 95215 president@deltatuletrekkers.org</p>	<p><b>LDR:</b> Low Desert Roadrunners Kathy Bundy 951.218.3755 P.O. Box 416 Wildomar, CA 92595 bunznkat7@gmail.com</p>
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<p><b>SFBB:</b> San Francisco Bay Bandits Priscilla Fife 916.616.6003 2241 Pacific Ave., #B Alameda, CA 94501 sfbaybandits@aol.com</p>	<p><b>SWS:</b> Sacramento Walking Sticks Barbara Nuss 916.283.4650 P.O. Box 277303 Sacramento, CA 95827-7303 nussb@surewest.net</p>	<p><b>TTT:</b> Tahoe Trail Trekkers Betsy McDevitt 530.412.4453 371 Cuckoo Court Applegate, CA 95703 betsywalks@gmail.com</p>
<div style="display: flex; justify-content: space-around;">   </div>	<p><b>VVV:</b> Vaca Valley Volks Tom Smith 707.449.0574 848 Stonegate Court Vacaville, CA 95687 smithkey78@gmail.com</p>	<div style="display: flex; justify-content: space-around;">   </div>

## CVA OFFICERS

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### COMPASS SUBSCRIPTION DEADLINES

**Subscribe by February 15th for 3 issues in 2024**  
 Subscribe by May 15th for 2 issues in 2024  
 Subscribe by August 15th for the last issue in 2024  
 Subscribe by November 15 for all 4 issues in 2025

**Webmaster:**

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 californiavolks2019@gmail.com

Happy New Year to California Volkssporters from the Prez, Cathy Pauley,

I have a lot to cover since the 4Q Edition of “The Compass.”

I called a special election Aug. 29 to bring to a vote restructuring CVA. Brought to the delegates were two by-law amendment motions and two constitution amendment motions.

The delegates voted to change Article VI – Officers 6.1 Number. “The elected officers of the CVA shall be: President; Vice President for Northern California; Vice President for Central/Southern California; Secretary; Treasurer.” We removed the clause that the treasurer and secretary may be combined.

A change was made to the by-laws Article IV – Officers 4.2 Vice Presidents, to match up with the CVA Constitution amendment. We also made a “housekeeping” by-law change stating our fiscal year runs 1 Jul-30 Jun.

At the April Business Meeting, I will be presenting some additional motions regarding convention rotations, meeting date, events/fees and alignment of CVA treasurer. Two of the major motions we will be voting on include convention rotations. Are we going to let clubs decide who want to host the following year at each business meeting or set up a schedule for clubs to host. I also like the idea of combining two clubs for each convention to help spread responsibility and work. Another major motion I will be presenting is authorizing \$200 per year per club upon approval of SEC to assist clubs in advertising or marketing (MeetUp, newspaper, social media, banners, et.al.). CVA should be helping clubs build up membership and marketing can be costly.

Marilyn Nasi and Tom Smith have done an outstanding job in securing our hotel, meet and greet, dinner and meeting space for the 2024 CVA Convention and Business Meeting.

I am very excited that the Sonoma County Stompers and Vaca Valley Volks stepped up for the 2024 Convention in beautiful Santa Rosa. The North Bay area is always such a lovely place for walking and connecting with “walk” friends across the state and Pacific Region. The 2024 Convention is April 26-28, 2024, with the business meeting on April 27. Please make sure you share all the information with your club members so they can start making reservations for lodging and convention.

The next big change is the participation fee that goes to AVA and the club. In 2003, AVA increased the walking fee to \$3 with \$1.25 going to AVA and \$1.75 going to the club. Due to inflation, operating costs for AVA have risen but the \$1.25 has not changed. The Board of Directors adopted the Club Charges Special Committee recommendation and starting Jan. 1, 2024, the participation fee will increase to “recommended no more than registration fee of \$4.” AVA will receive \$2 per walker and the remainder will go to the club. The club will need to pay for all participants on their walks including the “Free Walker Category,” who should now be considered guests. All OSB (online start boxes) will automatically charge \$4. Note that AVA is still giving the clubs the option of keeping the \$3 fee for walks (except OSB) but they will still have to pay \$2 to AVA and then keep \$1 for their club.

I recommend that clubs get together and decide how you are going to deal with free walkers and if you are going to increase your fee to \$4. They may cause bylaw changes in your clubs as well. CVA will have to make a decision on their non-OSB walks and bike events as well.

In closing, I want to explain my photo this quarter. My siblings and extended family went to Bangor, Maine, in October to see the beautiful fall trees and color changing. This photo was in front of the American Legion Hall in Stockton Springs.

Your Prez, Cathy



# GENERAL INFORMATION

All activities of the American Volkssport Association shall be carried on so as 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.. All participants will pay no more than \$4.00. 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. **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 fee and the fee for the award, if one is available, to the sponsoring club. All participants, 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 \$4.00) 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.



## CO-OP Murals Walk

Sacramento, CA  
January 1, 2024

www.SacramentoWalkingSticks.org

**Special Programs:** USA, WwW, 50St, 51Caps

SANCTION #126654-2024

**SPONSOR:** Sacramento Walking Sticks

### LOCATION:

Revolution Winery & Kitchen Patio  
2831 S Street, Sacramento, CA 95816

**START TIME:** 9:00AM–Noon; **FINISH:** 3:00PM

**DISTANCES:** 6K, 10K. **Trail Ratings:** 1A

**TRAIL DESCRIPTION:** The route Showcases the work of artists created for the Sacramento Wide Open Walls Mural Festival in the last couple of years. Many of the murals cover entire walls of buildings. The walk goes through midtown streets and alleys. You must look up and around to locate the numerous murals and other street art you'll pass along the way.

**FEE:** \$4.00

**MISCELLANEOUS:** Water and bathrooms at start/finish. Pets okay on leash and with clean-up. Difficult for strollers and wheelchairs.

**CONTACT:** Jennifer Stanley, 415.516.5671, stansylph@aol.com

**DIRECTIONS:** From Business 80 westbound, exit P Street onto 29th Street to S Street. Turn right on S Street. Revolution Winery is on your right.

From Hwy 99 northbound exit T Street (at 30th Street), left on T Street to 28th Street, Right on 28th St. to S Street. Right on S St. Revolution Winery will be on your left. From the eastbound W-X Freeway (also known as US 50 & Business 80) exit 15th St. Left on 16th St to S St. Right on S to 28th St. Revolution Winery will be on your left.



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\*\* REMINDER: 2/10 - Deadline for 2nd Q 2024 COMPASS Articles \*\*



Invite you to  
**Holly's Hot Chocolate Walk**  
Saturday, February 10  
Sanction #126627-2024

**LOCATION:** Chris and Holly's home  
15680 Alum Rock Ave., San Jose, CA 95127  
**START:** 8:30am to 12noon. **FINISH:** 3:30pm.  
**DISTANCES:** 5 and 10K **TRAIL RATING:** 2B – Easy hills,  
mostly paved with some packed gravel and dirt.

**FEE:** \$4. Guests welcome. Donations appreciated.  
**SPECIAL PROGRAMS:** Co: SClar, Par, R-to-T, WwW.

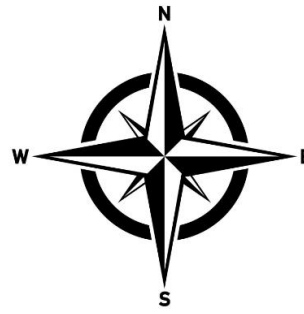
**MISCELLANEOUS:** Restrooms and water are available at  
the start. There is a restroom in the park at 7K. Pets  
are not allowed in the park, which is 75% of the walk.  
Sorry, there is not an alternate route. Routes are  
difficult for both strollers and wheelchairs.

**DESCRIPTION:**

**Come for a walk in San Jose's oldest park**  
**(established in 1872) with great views.....**  
The walk is a gentle climb into the hills above San  
Jose. The walk is on paved and packed dirt trails.  
All are passable, even in the rain. The 5k has the  
best views while the 10k adds the creek trail.  
**.....and stay for Hot Chocolate, tea, or coffee and**  
**goodies served at the Finish around the fire pit on**  
**the patio. A warm and delicious way to end a walk!**

**CONTACT:** Chris or Holly at 408.259.5157  
Email Chris at [chris@zegelin.com](mailto:chris@zegelin.com)  
Email Holly at [ilex56@yahoo.com](mailto:ilex56@yahoo.com)

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



**Renew or Subscribe to**  
**The COMPASS**  
**For 3 issues of 2024**

*The COMPASS* is a quarterly publication of  
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Please check:  New  Renew  
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**By February 15,** please send your check  
for the suggested donation payable to The  
California Volkssport Association (CVA) and  
your completed form to:

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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!

\*\* DEADLINE: 2/15 - SUBSCRIBE for 3 issues in 2024 \*\*



# SPECIAL EVENT PROGRAMS

Clubs often sponsor Special Event Programs to enhance your walking experiences. Finding that specialized music store or nearly forgotten Veteran's Memorial are discoveries that give new perspectives.

Program completers receive an award. The 17 Special Event Programs for 2024 include two new national ones, as well as *University Walkin'* for the Pacific Region states (AZ, CA, HI and NV) and the 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 2024* book and on the AVA web page under the 'Events' tab.

2024 Special Programs		
Abbrev	Program Name	Ends
Air	Airports	2023
AT	Appalachian Trail	2028
BC	Border Crossings	2023
GL	Great Lakes - Great Fun, Great Fitness, Great Friendships	2023
Laby	A-MAZE-ing Labyrinths	2026
Light	Lighthouses II	2025
Par	Par for the Course	2025
R-to-T	Rails to Trails	2025
Step	Step to the Beat	2026
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 2023, you may still turn in competed books and receive awards in 2024.

WALK

## BURLINGAME TO BROADWAY AND BEYOND



Saturday, March 16, 2024

Sponsor: San Francisco Bay Bandits

Sanction #126643-2024

LOCATION: Burlingame Community Center  
850 Burlingame Ave, Burlingame, CA 94010

START: 9:00 AM to Noon FINISH: 3:00 PM

DISTANCE, TRAIL RATINGS: 10K, 6K-1A

Very small hills & little stair climbing,  
almost entirely on pavement.

FEE: \$4 for IVV Credit and non-IVV walkers.

First-time walkers: free. Donations appreciated.

SPECIAL PROGRAMS: Laby, Par, Step,  
TH/CH, Vet.

MISCELLANEOUS: Water and Restrooms at the start and along the route. Medium difficulty for wheelchairs & strollers. Parking in lots on either side of the Community Center plus free street parking. Many restaurants on Broadway and Burlingame Ave. Many picnic tables in the park by the start. Dogs okay on leash with clean-up. DESCRIPTION: Our walk begins in the beautiful Burlingame Community Center, strolls through Washington Park, passes quiet, shady homes, then up Broadway with many restaurants and shops and beyond to the labyrinth at Mercy Center and Kohl Mansion. It returns through neighborhoods of lovely homes to Hillsborough Town Hall and Veterans Memorial. Then, downtown Burlingame, we pass City Hall, the library, and through the bustling Burlingame shopping and restaurant district to the old Burlingame Train Station to finish.

DIRECTIONS: 850 Burlingame Ave. Burlingame, CA 94010. **From the East:** Take I-80 W to San Francisco. Merge onto 101 S. Take Broadway exit and turn Right. Left on Rollins. Right on Bloomfield/Oak Grove. Right on Burlingame Ave. Center will be on your right. **From the South:** Take 101 N. Take exit 417A for Dore Ave. Turn left onto N Bayshore Blvd. Turn left onto Peninsula Ave. Turn right onto Arundel Rd. Turn left onto Burlingame Ave. Center is on your right.

CONTACT: Jocelyn Blinn 916-601-6133

[jocelynblinn@yahoo.com](mailto:jocelynblinn@yahoo.com)

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## THE DELTA TULE TREKKERS

Invite you to walk with us at

### KNIGHTS FERRY RECREATION AREA

**March 23, 2024**

Sanction #126644-2024

**Start Location:** South Parking Lot  
Knights Ferry Recreation Area,  
18220 Sonora Rd., Knights Ferry, CA 95361

**Start Time:** 8:30 am–12:00 pm Finish by 3:00 pm.

**Distances:** 10K and 6K Walks

**Trail Rating:** 10k - 2 B 5k-1 B

**Fee:** \$4.00

**Special Programs:** Co: Stan, Walk USA, A-Z,  
WwW.

**Description:** The Knights Ferry Covered Bridge is the longest covered bridge west of the Mississippi River and is more than 130 years old. It is currently being renovated and hopefully will be finished by the date of this walk. We'll trek along dirt and gravel trails and paved roads throughout the community. Both a museum and visitor center are nearby. A Civil War reenactment is planned on the day of the walk.

Wildflowers will be in bloom to help us appreciate a beautiful walk in the springtime.

**Miscellaneous:** Water and restrooms available at the start and along the route. Wheelchairs and strollers may have some difficulty and are advised to do 6K route. Dogs okay on leash with clean-up.

**Point of Contact:** **Cathy Pauley**  
call 915.479.1060 email:wilsdaughter@gmail.com

**Directions:** Follow Hwy 99 south of Stockton to exit #242, E. Yosemite Ave, Hwy 120 EAST. Turn LEFT on to Hwy 120 EAST and continue through Escalon and Oakdale. At Oakdale Hwy 120 joins Hwy 108, turns left and is now Hwy 120/108. Continue through Oakdale on Hwy 120/108 approximately 11 miles to Kennedy Rd. and a sign to Knights Ferry. Turn left on Kennedy Rd. to Sonora Rd. Left on Sonora Rd., a short distance to entrance to South Parking lot on right. Look for **AVA WALK** sign.

## CVA Pin on Sale Now!!



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

to place your order.  
[betsywalks@gmail.com](mailto:betsywalks@gmail.com)  
or 530-412-4453



Delivery possible at upcoming walk events.

### WEBSITES

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

*myAVA.org - personal account, OSB*

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

### LDR:

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

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

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

### SCS:

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

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

### SWS:

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

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

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



**SAVE THE DATES!!**

**APRIL 26 = 28**

**2024 CVA ANNUAL CONVENTION**

**Hosted by Sonoma County Stompers/Vaca Valley Volks**

**Hampton Inn, 6248 Redwood Dr.**

**FRIDAY NIGHT MEET & GREET**

**ANNUAL CVA MEETING**

**SATURDAY NIGHT GROUP DINNER**



**Three 5/10K walks:**

**Rohnert Park sanction #126586**

**both rated 1A**

**Cotati sanction #126633**

**rated 10K – 1A, 5K – 1B**

**Santa Rosa sanction #126634**

**both rated 1A**

**LODGING:** Hampton Inn, 6248 Redwood Dr., Rohnert Park, CA 94928.

Discounted room rates have been contracted: \$169 for a double queen-up to 4 people for same price; \$169 for a King room (Hilton Honors rewards apply). Call (707)586-8700 (do not press 'one'-wait on hold) and use code 'SCS' for your booking. Book reservation no later than March 29.

**RV'S:** KOA in Petaluma- 20 Rainsville Rd., Petaluma, CA 94952, Ph (707) 763-1492.

**Sonoma County Fairgrounds RV Park**  
1500 Aston Ave., Santa Rosa, CA 95404.  
Ph (707) 293-8410.

**KEY EVENTS/TIMES/PLACES**

Convention Check-In: Hampton Inn, 6248 Redwood Dr., Rohnert Park, CA 94928.

**START/FINISH:** Breakfast Area.

Times for attendees to pick up badge, meal tickets, walk directions for walks:

**Friday, April 26 – Noon-4pm**

**Saturday, April 27 – 9am-Noon**

**Sunday, April 28 – 9am-Noon**

**Meet & Greet: Friday, April 26, 5-6 pm**

Hampton Inn Breakfast Area

**Delegate Registration: Saturday, April 27, at 12:30-1pm.** Community Center, 5401 Snyder Ln, Rohnert Park, CA 94928.

**CVA ANNUAL MEETING: 1-4 PM**

Garden Room, Community Center, 5401 Snyder Ln., Rohnert Park, CA 94928.

**Group Dinner w/No-host Bar (\$TBD):**

Saturday, April 27<sup>th</sup> at 6pm (pre-registration only) – Mary's Pizza Shack, 101 Golf Course Dr., Rohnert Park, CA.

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<p><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</p>	<p><b>Carmel - Co: Mont - 2 walks Carmel Mission (Y0443) &amp; Carmel - Point Lobos (Y0445),</b> start: Lopez Taqueria &amp; Liquor, 500 Del Monte Ave, Monterey, CA 93940, POC: Suzi Glass 408.592.3935, by SBS</p>
<p><b>Anaheim -- Co: Orng - Disneyland-California Adventure walk (Y0794)</b> start: OSB only POC: Becky Forsythe 360.281.8429, by PARD</p>	<p><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</p>
<p><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</p>	<p><b>Carmichael - Co: Sac - walk Hidden Parks (Y2418),</b> start: remote registration only - phone or email POC Myrna Jackson 916.481.6714 or mjacks1940@yahoo.com, by SWS</p>
<p><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</p>	<p><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</p>
<p><b>Benicia - Co: Sol - 2 walks Benicia State Recreation Area (Y1346) &amp; Historic (Y0213),</b> start Starbucks, 90 Solano Square, Benicia, CA 94510 POC: Howard McGill 707.447.9431 , by VVV</p>	<p><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 775.843.4503 cell, by TTT</p>
<p><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</p>	<p><b>Carson Pass - Co: Alp seasonal walk 06/01/24-10/31/24 - Pacific Crest Trail (Y0880)</b> start: OSB only POC: Suzi Glass 408.592.3935 by CVA</p>
<p><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</p>	<p><b>Chico - Co: Butte - walk CSU Chico (Y2673)</b> start: OSB only, POC: Ty Fredriks 805.714.1552 by CCBB.</p>
<p><b>Calistoga - Co: Napa - walk (Y0268),</b> start: Calistoga Roastery, 1426 Lincoln Ave., Calistoga, CA 94515, POC: Marilyn Nasi 707.486.8528, by SCS</p>	<p><b>Citrus Heights - Co: Sac - walk Stock Ranch (Y0224)</b> start: remote registration call or email POC: Dave Barnes 651.955.6042 or barnesde61@gmail.com, by SWS</p>
<p><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</p>	<p><b>Claremont - Co: LA - walk Downtown/Colleges (Y0743)</b> start: OSB only - POC: Kathy Bundy 951.218.3755 by LDR</p>
<p><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</p>	<p><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</p>
<p><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</p>	<p><b>Coronado - Co: SD - Herm Husbands Memorial Walk (Y0352)</b> start: OSB only, POC Carl Cordes 702.540.6632 by Vice Chair</p>
<p><b>Carlsbad - Co: SD - Coastal walk (Y0200)</b> start: Tamarack Beach Resort, 3200 Carlsbad Blvd., Carlsbad, CA 92008, POC: Kathy Cole 951.551.9723 by LDR</p>	

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<p><b>Crestline - Co: SnBer - walk Lake Gregory (Y1826)</b> start: OSB only, POC: Bob Gebo 951.924.2208 by LDR</p>	<p><b>Folsom - Co: Sac - walk Historic (Y0165)</b>, start: Karen's Bakery &amp; Café, 705 Gold Lake Dr, Ste # 340, Folsom, CA 95630, POC: Heidi Foster 916.792.1720, by SWS - CLOSED SUNDAYS</p>
<p><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</p>	<p><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</p>
<p><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: Safeway Grocery Store, 2121 Cowell Blvd., Davis, CA 95618, POC: Amul Purohit 530.400.1106 by SWS</p>	<p><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</p>
<p><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</p>	<p><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</p>
<p><b>Donner Pass - Co: Nev - seasonal walk 06/01/24 - 10/31/24 Pacific Crest Trail (Y1038)</b> start: OSB only, POC: Suzi Glass 408.592.3935 by CVA</p>	<p><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</p>
<p><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</p>	<p><b>Huntington Beach - Co: Orng - walk Huntington Beach Pier (Y0899)</b>, start: Farquhar Park, 898 12th St, Huntington Beach, CA 92648, POC: Jean Vik 951.317.7860, by LDR</p>
<p><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</p>	<p><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</p>
<p><b>Elk Grove - Co: Sac - walk Elk Grove Creek Watershed (Y0785)</b>, start: Peets Coffee &amp; Tea, 8234 Laguna Blvd. Suite 100, Elk Grove, CA 95758, POC: Paul Robb 916.430.6649 by SWS</p>	<p><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</p>
<p><b>Encino - Co: LA - walk Nature &amp; Historic (Y0934)</b>, start: OSB, POC: Becky Forsythe 360.281.8429, by PARD</p>	<p><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</p>
<p><b>Etna - Co: Sisk - walk - Historic (Y1121)</b>, start: Ray's Food Place, 124 Collier Way, Etna, CA 96027, POC: Catherine Wieder 562.716.0114, by SWS</p>	<p><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</p>
<p><b>Fair Oaks - Co: Sac - walk Fair Oaks - Historic (Y1064)</b> start: Fair Oaks Coffee House &amp; Deli, 10223 Fair Oaks Blvd, Fair Oaks, 95628, POC: Marcia Maurer 916.844.4673, by SWS</p>	<p><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</p>

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<p><b>Laguna Niguel - Co: Orng -Regional Park walk (Y1342)</b>, start: Ted's Place Restaurant, 23900 Aliso Creek, Laguna Niguel, CA 92677 POC: Jean Vik 951.317.7860 by LDR</p>	<p><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</p>
<p><b>Lincoln - Co: Pla - bike-Lincoln Tour (Y0402) &amp; walk Lincoln Trails (Y3329)</b>, start: Sprouts Market, 115 Ferrari Ranch Road, Lincoln, CA 95648, POC: Don Ratliff 916.645.8280, by PP</p>	<p><b>Modesto - Co: Stan - walk Stanislaus County (Y0167)</b>, start: OSB only POC: Jim &amp; Diane Gomes 209.815.6041, by DTT</p>
<p><b>Lodi - Co: SJ - walk San Joaquin County ( Y0170)</b>, start: McDonald's Hamburgers 200 West Lodi Ave, Lodi, CA 95240, POC: Charlene Henshaw 209.642.2004 by DTT</p>	<p><b>Monterey - Co: Mont - 2 walks - Historic (Y1261) &amp; Peninsula/Lovers Point (Y1341)</b>, start: Lopez Taqueria &amp; Liquor, 500 Del Monte Ave, Monterey, CA 93940-2405, POC: Suzi Glass 408.592.3935, by SBS</p>
<p><b>Lompoc - Co: SB - walk (Y0430)</b>, start: South Side Coffee Company, 105 So. H, Lompoc, CA 93436, POC: Ty Fredriks 805.714.1552 by CCBB</p>	<p><b>Morongo Valley - Co: SnBer - walk Big Morongo Canyon Preserve (Y0126)</b>, start: OSB only, POC: Sue Obradovitz 951.333.6806 by LDR</p>
<p><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</p>	<p><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</p>
<p><b>Los Angeles - Co: LA - walk Griffith Park Observatory (Y2250)</b> start: OSB only POC: Holly Pelking 408.859.7978, by SBS</p>	<p><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</p>
<p><b>Los Angeles - Co: LA - UCLA, Westwood &amp; Marilyn walk (Y2043)</b> start: OSB only POC: Suzi Glass 408.592.3935 by SBS</p>	<p><b>Newport Beach - Co: Orng -2 walks Balboa Island (Y0251) &amp; Balboa Island Cross Channel View (Y1270)</b>, start: Pavilions Supermarket, 1000 Bayside Dr., Newport Beach, CA 92662 POC: Jean Vik 951.317.7860 by LDR</p>
<p><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</p>	<p><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</p>
<p><b>Los Olivos - Co: SB - Wine Country walk (Y2357)</b> start: R Country Market in Los Olivos, 2948 Grand Ave., Los Olivos, CA 93441, POC: Ty Fredriks 805.714.1552, by CCBB.</p>	<p><b>Olympic Valley - Co: Pla - seasonal walk 05/01/24 - 11/30/24 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</p>
<p><b>Manteca - Co: SJ - walk San Joaquin County (Y2024)</b>, start: Frank's Downtown Café, 162 No. Maple Ave., Manteca, CA 95336, POC: Marcelo Fernandez 562.521.3775 by DTT</p>	<p><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</p>
<p><b>Menifee - Co: Riv - 3 walks: Menifee Lakes (Y1212), Menifee Valley (Y1213) &amp; Sun City Residential Unique (Y0701)</b>, start: Menifee Inn, 27680 Encanto Dr, Sun City, CA 92586, POC Kathy Bundy 951.218.3755 by LDR</p>	<p><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, Palm Springs, CA 92262 POC: Sue Obradovitz 951.333.6806, by LDR</p>

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**POC or check the AVA.org Search Event List.**

<p><b>Petaluma - Co: Son - walk -Historic Petaluma (Y0233)</b>, start: OSB only POC: Don &amp; Sue Deal 707.762.4148, by SCS</p>	<p><b>Round Valley - Co: Alp - seasonal walk 06/01/22 - 10/31/22 walk Pacific Crest Trail (Y0983)</b>, start: OSB only, POC: Suzi Glass (408) 592-3935 by CVA</p>
<p><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</p>	<p><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</p>
<p><b>Pittsburg - Co: CC - walk (Y0947)</b> start: Steeltown Coffee &amp; Tea, 695 Railroad Ave., Pittsburg, CA 94665, POC: Tom Smith 707.449.0574 by VVV</p>	<p><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</p>
<p><b>Placerville - Co: EID - walk Old Hangtown (Y3330)</b> start: Buttercup Pantry, 222 Main Street, Placerville, CA 95667, POC: Charlotte Henshaw 530.885.3662, by PP</p>	<p><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</p>
<p><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</p>	<p><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</p>
<p><b>Redding - Co: Sha - walk Sundial Bridge (Y0705)</b>, start: OSB only POC: Becky Forsythe 360.281.8429 by PARD</p>	<p><b>Sacramento - Co: Sac - 3 walks: Curtis Park (Y0968), Land Park (Y1039) &amp; River &amp; Miller Park (Y0938)</b>, start: remote registration only contact POC: Jennifer Stanley (916) 456-6538 or stansylph@aol.com by SWS</p>
<p><b>Redlands - Co: SnBer - 2 walks Historic Downtown (Y0584), Palms &amp; Palaces (Y0187)</b>, start: Redlands Family YMCA, 500 E. Citrus Ave., Redlands, CA 92373, POC: Bob Gebo 951.924.2208, by LDR</p>	<p><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</p>
<p><b>Redondo Beach - Co: LA - walk Pier 2 Pier (Y0490)</b> start: OSB only POC: Dottie Schwieger 951.505.9738 by LDR</p>	<p><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</p>
<p><b>Reno, NV - Co: Washoe - 2 walks Historical (Y0023) and UNR/San Rafael Park (Y0935)</b> , start: National Automobile Museum, 1 Museum Drive, Reno, NV, 89501, POC: Judy Gordon 775.843.4503 by TTT</p>	<p><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</p>
<p><b>Riverside - Co: Riv - walk Mt. Rubidoux &amp; Mission Inn</b>, start: OSB only POC: Sue Obradovitz 951.333.6806, by LDR</p>	<p><b>Sacramento - Co: Sac - walk North Laguna Creek Wildlife Area (Y1043)</b>, start: 24 Hour Fitness, 8785 Center Parkway, Sacramento, CA 95823, POC: Bruce &amp; Nancy Calkins (360) 970-6393, by SWS</p>
<p><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</p>	
<p><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</p>	

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**SAVE THESE PAGES through 2024 -**

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

**This information is as of 11/15/23. 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.**

<p><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</p>	<p><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</p>
<p><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</p>	<p><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</p>
<p><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</p>	<p><b>San Luis Obispo - Co: SLO - walk (Y0458)</b>, start: The Wayfarer SLO, .800 Monterey Ave, San Luis Obispo, CA 93401-2614, POC: Ty Fredriks 805.714.1552 , by CCBB</p>
<p><b>San Diego - Co: SD - walk Balboa Park/Downtown (Y0852)</b>, start OSB or Wyndham Bayside Hotel, 1355 N. Harbor Dr., San Diego, CA 92101 POC: Maureen Carlson 909.227.5319 by LDR</p>	<p><b>Santa Barbara - Co: SB - walk (Y0137)</b>, start: Harbor View Inn, 28 West Cabrillo Blvd., Santa Barbara, CA 93101, POC: Ty Fredriks 805.714.1552, by CCBB</p>
<p><b>San Diego - Co: SD - walk: Harbor Island (Y1604)</b>, start: OSB or Wyndham Bayside Hotel, 1355 No. Harbor Dr, San Diego, CA 92101, POC: Maureen Carlson 909.227.5319 by LDR</p>	<p><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</p>
<p><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</p>	<p><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</p>
<p><b>San Francisco - Co: SF - 2 walks Golden Gate Park (Y3164) &amp; Lands End &amp; 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</p>	<p><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. 486.8528, by SCS</p>
<p><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: Priscilla Fife 916.616.6003, by SFBB</p>	<p><b>Sebastopol - Co: Son - walk near Santa Rosa (Y0793)</b> start: OSB only, POC: Marilyn Nasi 707.486.8528, by SCS</p>
<p><b>San Francisco - Co: SF - walk: Presidio &amp; Golden Gate Bridge (Y1564)</b>, start: Presidio Visitor Center, 210 Lincoln Blvd., San Francisco, CA 94129, POC: Priscilla Fife 916.616.6003 by SFBB</p>	<p><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</p>
<p><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</p>	<p><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 707.486.8528, by SCS</p>
<p><b>San Jose - Co: SClar - walk Hellyer Park &amp; Coyote Creek (Y2781)</b> start: OSB only POC: Suzi Glass 408.592.3935 by SBS</p>	<p><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</p>
<p><b>San Jose - Co: SClar -Hills of Evergreen walk (Y3323)</b> start: OSB only, POC Chris Zegelin 408.529.9724 by SBS</p>	



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**Stockton - Co: SJ - walk University Area (Y1304)**, start: Mc Donald's Hamburgers, 4515 Pacific Ave, Stockton, CA 95207, POC: Joan Sykes 209.931.0557, by DTT

**Tahoe City - Lake Forest Co: Pla - seasonal walk 5/1/24 - 11/30/24 (Y0195)**, start: Tahoe House Bakery & Gourmet, 625 W. Lake Blvd, Tahoe City, CA, 96145, OPEN 6am-3pm POC: Karen Reed 408.315.7727 by TTT

**Tahoma - Squaw Valley - Co:EID - seasonal walk 05/01/24 - 11/30/24 (Y2262)** start: Tahoe House Bakery and Gourmet, 625 W. Lake, Tahoe City, CA 96145, OPEN 6am-3pm POC Karen Reed 408.315.7727 by TTT

**Truckee - Steiners' Memorial River Walk Co: Nev - seasonal walk 05/01/24 - 11/30/24 (Y0022)**, start: Raley's Market, 10001 Soaring Way, Truckee, CA 96161, POC: Jennie Gordon 916.204.3839, by TTT

**Union City - Co: Ala -walk Old Town (Y1248)** start: Togo's Sandwich Shop (Union Landing Shopping Center) 32220 Dyer Street, Union City, CA 94587 POC: John Glass 408.592.3866, by SBS

**Vacaville - Co: Sol - 2 walks, Historic (Y1586) & Joe Sutter/Jo Hefner Memorial Lagoon Valley (Y0331)**: Diggers Deli, 876 Alamo Dr, Vacaville, CA 95688, POC: Jill Simmons 707.448.5148, by VVV

**Ventura - Co: Ven - walk Santa Cruz Island (Y0872)**, start: OSB only, POC: Ty Fredriks 805.714.1552 by CCBB

**West Sacramento - Co: Yolo - walk Clarksburg Branch Line Trail (Y1515)** start: Nugget Market, 2000 Town Center Plaza, West Sacramento, CA 95691, POC: Susan Martimo 916.705.9599 by SWS

**West Sacramento - Co: Yolo - River Walk (Y0545)**, start: La Bou Bakery & Café, 849 Jefferson Blvd. #101, West Sacramento, CA 95691, POC: Susan Martimo 916.705.9599 by SWS CLOSED SATURDAYS & SUNDAYS

**Whitewater - Co: Riv - walk Pacific Crest Trail (Y0975)**, start: OSB only, POC: Jean Vik 951.317.7860 by CVA

**Whittier - Co: LA - Home Town walk (Y2047)**, start: OSB only, POC: Suzi Glass 408.592.3935 by SBS

**Wildomar - Co: Riv walk (Y1761)** start: Montague Brothers Coffee, 21545 Palomar St., Wildomar, CA 92595, POC: Kathy Bundy 951.218.3755 by LDR

**Windsor - Co: Son - walk (Y2419)**, start: CVS Pharmacy, 9030 Brooks Rd, So, Windsor, CA 95492, POC: Shirley Hightower 707.696.0244, by SCS

**Woodland - Historic walk- Co: Yolo - (Y0539)**, start: Nugget Market, 157 Main Street, Woodland, CA 95695, POC: Judy & Jim Tischer 530.383.1370, by SWS

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

**Yosemite National Park- Co: Mrp - 2 seasonal walks 05/01/24 - 10/31/24 Clouds Rest (Y0734) & Half Dome (Y0765)**, start: OSB only, POC: Becky Forsythe 360.281.8429 by PARD – check park website for latest access updates.

**Yosemite National Park- Co: Mrp - walk Valley Floor (Y0727)** start: OSB only POC: Becky Forsythe 360.281.8429 by PARD

**Zamora - Co: Yolo - walk Rural Yolo County (Y1429)**, start: Zamora Mini Mart, 9920 County Rd 99-W, Zamora, CA 95698, POC: Jim & Judy Tischer 530.383.1370, by SWS



## *Walks by Our Neighbors*

Date	State/ Event	Club	Location	Contact
Jan 1	OR Walk	Columbia River Volkssport Club	Sellwod Riverfront Park, Portland	Dick Baker 360.991.8806
Jan 1	ID Walk	REG - NW	Post Falls Online Start Box	Sharon Moats 206.909.5176
Jan 27	AZ Walk	Tucson Volkssport Klub	Tucson Mtn. Park Coyote Pause Café	Fred Barton 520.298.4340
Jan 28	OR Walk	Albany Fitwalkers	Carousel 503 W. 1st Ave, Albany	Donald Reed 541.974.5780
Feb 10	AZ Walk	Thunder Mountain Trekks	Wilcox, AZ, 901 West Rex Allen Dr.	Wendy Breen 520.508.3889
Feb 10	OR Walk	Columbia River Volkssport Club	McMenamins Kennedy School Portland	Ed Hainline 360.921.1909
Feb 17	OR Walk	Columbia River Volkssport Club	Slabtown Portland	Pat Jewett 503.453.6018
Feb 20	OR Walk	Albany Fitwalkers	Millersburg City Park, Millersburg	Donald Reed 541.974.5780
Feb 27	OR Walk	Albany Fitwalkers	River Walk, 248 Cheshire Ave, Eugene	Donald Reed 541.974.5780
Mar 16	OR Walk	Cedar Milers	St. Patrick's Day, Cedar Hills Crossing Mall, Beaverton	Dan Webster 971.221.4994
Mar 19	OR Walk	Albany Fitwalkers	Lake Walk River Park, Lebanon	Donald Reed 541.974.5780



### April 1-7, 2024 AVA National Walking Week Events

Please provide the following for your events (walks, bikes) for National Walking Week. Email your completed grid to [glass2walk@gmail.com](mailto:glass2walk@gmail.com) **by February 10, 2024**, for publication in the Q 2 issue of The COMPASS.

Date

Registration Time (stamp & go)

Club

Location (city)

Event Name, YRE or New?

Meet --name and address of start location

Contact's name & phone number

### April 1-7, 2024 AVA National Walking Week Events

Date

Registration Time (stamp & go)

Club

Location (city)

Event name, YRE or New?

Meet --name and address of start location

Contact's name & phone number

### April 1-7, 2024 AVA National Walking Week Events

Date

Registration Time (stamp & go)

Club

Location (city)

Walk Name YRE or New?

Meet --name and address of start location

Contact's name & phone number

## New AVA Special Programs

Beginning January 1, 2024 walkers can participate in two new national Special Programs: A-MAZE-ing Labyrinths and Step to the Beat.



**A-MAZE-ing Labyrinths** entries are mazes that are “unicursal, meaning one walks in and out on the same path”. Labyrinths are often used for meditation and relaxation. They are found on church grounds, in public and private gardens, and by city complexes. The program developers, The Liberty Bell Wanderers, have included a locator <https://labyrinthlocator.com/locate-a-labyrinth>. For more information, contact Betty Green (bettyg52@gmail.com).



**Step to the Beat** gives walkers many chances to find qualifiers involved with music: music stores, places where one can get voice, dance or instrument lessons, or regular live performance venues. The program supports the NPO, “Hungry for Music”. Contact Lori Anderson’s email: [fromustoyou@zoho.com](mailto:fromustoyou@zoho.com) for details about the Nebraska Wander Freunde Trailblazers’ new addition to walks.



To **YOU** who take on national commitments – officers, committee chairs and members: **Thank You!**

To **YOU** who help on statewide endeavors— the CVA website, *The COMPASS*, as officers, planners, and workers in the CVA Convention (housing, meeting, and meal deals, registrars, Checkpoint workers, and finalizing walking routes): **Thank You!**

To **YOU** who serve as club officers, attend club meetings, take pictures, sanction events, submit reports, work start tables, and develop programs:  
**Thank You!**

To **YOU** out there in the community, monitoring and filling walk boxes, finding sponsors, advertising events, going to health fairs, piggy-backing on parades, etc.:  
**Thank You!**

To **YOU** Volkssporters who drive distances to walk events by other clubs, make and keep up friendships and pass on the joy of walking to your family and friends: **Thank You!**

To **YOU** futurists who locate or adjust routes for Special Program qualifiers, find and explore different local areas ripe for a Traditional Event or a YRE: **Thank You!**

*Together we keep volkssporting alive and thriving in California!!*

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

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### 2024 First Quarter Events in California

No.	Date		Club	Location	County
1	01/01	W	SWS	Sacramento - New Year's Day CO-OP Murals Walk	Sac
	02/10		All	COMPASS Articles Due for the Second Quarter	
2	02/10	W	SBS	San Jose - Alum Rock Park Holly's Hot Chocolate Walk	SCla
	02/15		All	Subscribe to <i>The COMPASS</i> for 3 issues in 2024	
3	03/16	W	SFBB	Burlingame - To Broadway and Beyond	SMat
4	03/23	W	DTT	Knight's Ferry - Covered Bridge walk	Stan
5	04/26- 04/28	W	SCS & VVV	CVA Convention - Cotati Walk	Son
6	04/26- 04/28	W	SCS & VVV	CVA Convention - Rohnert Park Walk	Son
7	04/26- 04/28	W	SCS & VVV	CVA Convention - Santa Rosa Walk	Son

