

# The COMPASS

A Publication of the *California Volkssport Association*

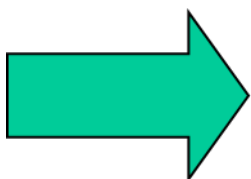
*October*      *November*      *December*      *2023*



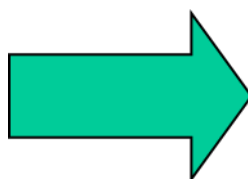
**Walkers enjoy the Big Trees at scenic Calaveras State Park.  
Walk presented by the Delta Tule Trekkers  
Photo by Cathy Pauley.**



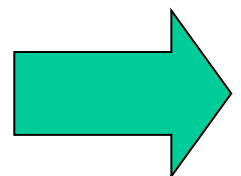
**AMERICA'S  
WALKING CLUB**  
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**AMERICA'S  
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***AVA's Vision: Increasingly  
 engage Americans in lifelong  
 walking and other  
 noncompetitive physical fitness  
 activities.***

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

**COMPASS Article Deadlines**

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

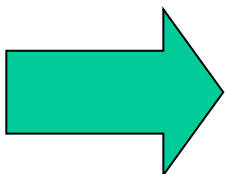
**February 10** for April, May & June events

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

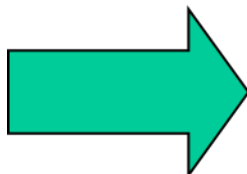
**August 10** for Oct., Nov. & Dec. events

send to

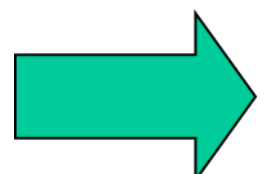
Suzi Glass: [glass2walk@gmail.com](mailto:glass2walk@gmail.com)



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## ***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 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 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](http://cva4u.org)'. This provides more detailed information about our organization and the clubs in California. The national organization website is '[ava.org](http://ava.org)' which leads you to all the events and clubs within the nation.

## 2023 Q4 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 bunznkatz7@gmail.com</p>
<p><b>PP:</b> Placer Pacers Bruce McDevitt 530.412.4452 371 Cuckoo Court Applegate, CA 95703 walknsail@gmail.com</p>	<p><b>SBS:</b> South Bay Striders Suzi Glass 408.592.3935 5562 Vassar Drive. San Jose, CA 95118 glass2walk@gmail.com</p>	<p><b>SCS:</b> Sonoma County Stompers Marilyn Nasi 707.539.8083 110 Valley Lakes Drive Santa Rosa, CA 95409 mbnasi91@comcast.net</p>
<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>
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**COMPASS SUBSCRIPTION DEADLINES**  
**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  
 Subscribe by August 15th for the last issue in 2024

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Message from the Prez, Cathy Pauley

Happy trekking to all our California walkers.

As you receive this edition, you should have had all your year-round walks re-sanctioned and be looking at submitting your Jan.-Mar. 2024 walks. The latter can be approved, and a sanction number assigned for *THE COMPASS* ad to ensure you receive your stamp on time.

This Fall there are a couple of clubs hosting Traditional Walks connected to Oktoberfest, Hallowe'en or the Fall in general. Keep *THE COMPASS* close at hand so you don't miss out on any Fall walks.



I am very excited that the Sonoma County Stompers and Vaca Valley Volks stepped up to host the 2024 Convention in beautiful Sonoma County. 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.

The 2024 Convention will also include elections for all the offices, but specifically VP North and VP South have served two terms. I will appoint a nominating committee after we hold our special meeting on Aug. 29. An email with the minutes and decisions will be sent out in mid-September. The special meeting will be voting on how CVA is structured, the offices of vice president and the annual business meeting rotation. I felt that we needed to consider restructuring the state to help take stress off the clubs. Without the extra stress, we can focus on growing our clubs and adding new clubs to this great organization! There will be a motion to help clubs with advertising as well.

I can say that I am officially retired, and I am quite enjoying not having to drive to work every day (I commuted an hour each way). I am still very active with our church's comfort dog, Rahab, and I am going to train as a handler in November; Good Shepherd Family Ministry (disabled adults) which makes Saturday walks challenging during the school year; and being a Nano (grandma) driver and caregiver for five beautiful girls.

In closing, I want to explain my photo this quarter. My neighbor and dear friend Joan Sykes is my California “mom”. She has been involved with the DTT and CVA for over 23 years and is an inspiration to me when we walk. This photo is from Calaveras Big Trees walk.

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 Placer Pacers*  
Present walks to:  
*Sunset Whitney Park*  
*Rocklin, CA*  
**October 7, 2023**  
5k & 10k (3.1 or 6.2 miles)



SANCTION #124452-23

**START LOCATION:** It is at the JOHNSON SPRINGVIEW PARK, 5480 Fifth St., Rocklin, CA 95677. Near the Rocklin Community Center.  
The walk goes to Sunset Whitney Park.

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

**DISTANCES/TRAIL RATINGS:** 5k & 10k routes These routes include a stroll through the recently acquired city golf course and surrounding neighborhood. Many new repaved trails. All routes are 1A.

**REGISTRATION:** Credit only is \$3.00. You may walk for free if no credit is desired, donations appreciated.

**SPECIAL PROGRAMS:** Co: Pla, Par, USA "R", WwW

**MISCELLANEOUS:** Water and restrooms are available only at the start/finish. Strollers—medium difficulty, wheelchairs—hard difficulty. Dogs okay on leash with cleanup.

**CONTACT:** Warren Tellefson  
(530) 305-5479 or [wtellef@sbcglobal.net](mailto:wtellef@sbcglobal.net)

**DIRECTIONS:** From Interstate 80 take the Rocklin Rd. off-ramp west. Continue through three roundabouts to the Tee intersection with 5th street. Turn left onto 5th for 1/2 mile and turn right into the first parking lot entrance. Look for signs for the Start/Finish. WALK STARTS IN JOHNSON SPRINGVIEW PARK AND YOU WALK TO SUNSET WHITNEY PARK.

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UKIAH, CA  
October 14, 2023



### 'PumpkinFest Walk'

5K & 10K Walks

Sanction #124332-23

Sponsor: Sonoma County Stompers

Special Programs: LFL, Par, R-to-T, TH/CH, USA, Vet, 50St

Start Point: Todd Grove Park

800 Live Oak Ave., Ukiah, CA 95482

Start Time: 9AM to 1PM

Finish: by 4PM

Distance: 5K & 10K

Trail Rating: 1A

**Trail:** Walk from start point in the park setting to downtown, passing through neighborhoods and alleyways. Part of walk utilizes the Great Redwood Trail. Visit a Sound Garden and you have the opportunity to visit the Grace-Hudson Museum. The artwork of this nationally known artist and regional artists are currently on display. Pumpkinfest activities include a parade, a haunted house, a Scout-O-Rama, and a variety of kids' activities. There is a Food Court as well as a Beer and Wine Garden. The highlight is the weighing of the pumpkins; in past years the winning pumpkin weighed between 400 and over 1000 lbs. Strollers would be difficult, and wheelchairs would be hard. Pets are allowed on leash and with pick up.

**Special Notes:** Consider spending the night in Ukiah or Windsor (a World Mark is located in Windsor). We will be having a group walk of our Windsor Year Round on Sunday Oct 15.

**Award:** IVV Credit Only.

**Fees:** \$3.00 for AVA Credit. Anyone may walk for no credit or free. Donations will be appreciated since we must pay the city for park use.

**Miscellaneous:** Water and restrooms are available at the start/finish. Routes are difficult for strollers and wheelchairs. Pets are allowed on leash and with pick up. Parking is available around the perimeter of the park. There are Little Free Libraries on both walks for those who have not completed their books.

**Contact:** Marilyn Nasi at  
[mbnasi91@comcast.net](mailto:mbnasi91@comcast.net), (707) 539-8083  
Day of Walk: (707) 486.8528 (cell)  
[www.SonomaCountyStompers.org](http://www.SonomaCountyStompers.org)

**Directions:** To The Start Point – NORTH on Hwy 101, EXIT at Exit 549 toward Central Ukiah. LEFT on East Perkins St/Vichy Springs Rd (go .9 mile). RIGHT on North Dora St (go .3 mile). LEFT on Walnut St (go .3 mile). RIGHT on Live Oak Ave.

## LOW DESERT ROADRUNNERS' WALK

### 40 yr Birthday Bash & Oktoberfest Celebration

KB Ranch - Private Residence  
Wildomar, CA 92595

October 14<sup>th</sup>, 2023

Sanction #124665-23



5km/10km

**Start Location & Times:** KB Ranch - Private Residence  
32729 Penrose St., Wildomar, CA 92595

**Register from 7:30-11am, be back by 2pm.**

Lunch starts at NOON.

**Trail Description:** Easy 5 & 10k routes on well-groomed trails, down parts of the Murrieta Creek Trail, some street crossings. Your walk will take you up the Justin Hunt trail that overlooks the valley. 10k will take you past the Cemetery by Justin Hunt's Memorial. **Trail Ratings: 5k-1B, 10k-2B.**

**Fees:** IVV Walk & Lunch \$10.00 WE HAVE VENMO!!

NON IVV Walk & Lunch \$7.00, donations welcome.

**Special Programs:** USA, Vet, WwW.

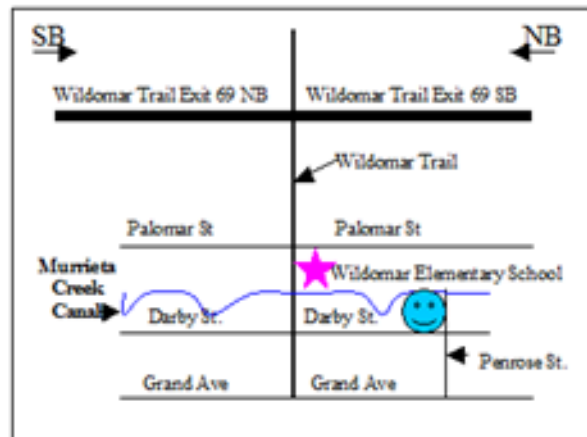
**Miscellaneous:** Water and restrooms at the start/finish. Pets okay on leash with clean-up. Both distances "medium difficulty" for strollers and wheelchairs. Hunt was a local Marine killed in 2004 in Operation Iraqui Freedom.

**Contact:** Kathy Bundy - 951-218-3755

Or [bunznkatz7@gmail.com](mailto:bunznkatz7@gmail.com)

**Directions:** From Southbound I-15 Exit 69 LEFT onto Wildomar Trail (formerly Baxter Rd) continue for about 1.25 miles crossing Palomar St. Wildomar Elementary School will be on your LEFT continue to Darby St turn LEFT. House located on NE corner of Penrose & Darby. Gate will be open to park inside of resident's property. Parking within will be limited. Northbound I-15 Exit 69 RIGHT onto Wildomar Trail (formerly Baxter Rd) continue for about 1.25 miles crossing Palomar St. Wildomar Elementary School will be on your LEFT continue to Darby St turn LEFT. House on NE corner of Penrose & Darby. Gate/parking – see above.

LOOK FOR THE BANNERS





## 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  
Buljan Park  
Roseville, CA  
October 21, 2023

Sanction #124562-23

SPONSOR: Sacramento Walking Sticks  
SPECIAL PROGRAMS: Par, USA, WwW "R"

LOCATION: Buljan Park, 150 Hallissy Dr.  
Roseville, CA

START TIME: 9:00 AM – 12:00PM  
FINISH 3:00 PM

DISTANCES: 6K, 11K TRAIL RATING: 1A

TRAIL DESCRIPTION: Enjoy a fall walk in newer Roseville neighborhoods. Check out the Fountains Shopping Center with the great stores and restaurants.

FEE: \$3 for AVA credit or walk Free.

MISCELLANEOUS: Water & restrooms at start/finish and checkpoint. Medium difficulty for strollers, very difficult for wheelchairs. Pets okay on leash with clean-up. Bring a picnic lunch to enjoy at the park if you wish. Nearby eating places: Safeway, Subway, Waffle Barn, Teriyaki Town, Bamboo Garden, Mountain Mikes Pizza, and Small Cakes

CONTACT: Myrna Jackson, 916.481.6714,  
mjacks1940@yahoo.com

DIRECTIONS: From I80 East or West, take Hwy 65 North to exit #308 for Pleasant Grove Blvd. Left back over the freeway to a traffic light at Hallissy Dr. Right on Hallissy Dr to the park on the left. Parking is limited. Pay close attention to "No Parking" signs.



Map not to scale!

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The Central Coast Beach Boardwalkers present:  
**Scarecrows, a Creek & a River**  
(with a little bit of Downtown thrown in for good measure :)



## Spend a Weekend in Relaxing Cambria & Paso Robles

- **Saturday, Oct 21, 5K/10K Scarecrow and Nature Walk in Cambria, sanction #123429-23**
- **Sunday, Oct 22, 6K/10K Paso Robles Downtown & River Walk, sanction #125558-23**

**Saturday Start:** The Bluebird Inn, 1880 Main St, Cambria, 93428. **Start:** 8:00 a.m. – noon. **Finish** by 3:00 p.m.

**Sunday Start:** CVS Drugstore, 187 Niblick Rd, Paso Robles 93446. **Start:** 8:00 -11:00 a.m. **Finish** by 2:00 p.m.

**Trail Ratings:** Sat 5k:1A Sat 10k:2B Sun 6k:1A Sun 10k:1A

**Special Programs (Sat):** Clock, LFL, TH/CH, Vet, WwW "C".  
**Special Programs (Sun):** Clock, TH/CH, Vet.

Escape the heat for a weekend with walks along the beautiful Central Coast of California! On Saturday, revisit our YRE in Cambria, with Moonstone Beach and Scarecrows galore! Let Sunday be your opportunity to explore the increasingly popular, wine-centric town of Paso Robles, with myriad tasting rooms and sidewalk eateries!

**Routes:** Our **Saturday walk** sends you on a Scarecrow Adventure! View over 100 life-sized scarecrows representing movie stars, historical figures, even cavemen and dinosaurs! Our 10K combines the best Scarecrow displays with a scenic walk along the beautiful Moonstone Beach Boardwalk and returns along the wooded path following Santa Rosa Creek. The paved 5K city walk route is okay for strollers and wheelchairs, but not recommended for the 10K walk. River Walk path not suitable for wheelchairs. Alternate Moonstone Beach walk available. Dogs ok everywhere (with leash and cleanup). Restrooms and water available on routes. Off-leash dog park near hotel.

Our **Sunday walk** brings you to a hidden gem of the Central Coast: Paso Robles, the fastest growing wine region in California. Named by the Spanish for its abundance of oak trees, Paso (as we locals call it :) was the almond capital of the world in the 1920s. With its 11 different unique microclimates, the 200+ wineries of Paso Robles create exceptional vintages that have been exported around the world. If wine isn't your thing, Paso has a growing presence in olive oil production, a restored historic neighborhood (visited on the 10K), and an adorable downtown area with a two-block park (originally designed by the uncle of Jesse James) with a Carnegie Library/Historical Museum. Instant access to 101 makes your drive home a little bit easier, as well :)

**Fees & Miscellaneous:** Credit is \$3.00 per event, or you may walk for free if no credit is desired. Special discounted room rates available at the Bluebird Inn. Limited pet-friendly room availability; call 805-927-4632 and tell Fal you are with the walking club.

**Pre-registration:** A Saturday evening **no-host dinner** will be held for up to 30 walkers at Robin's Restaurant. Please sign up on this [Google Form](http://bit.ly/CambriaWalkDinner) by Oct 10 so we may give staff an approximate headcount: <http://bit.ly/CambriaWalkDinner>

**Additional Information:** Call or email the POC Ty Fredriks at 805-714-1552 or [tyandginger@gmail.com](mailto:tyandginger@gmail.com)

**Saturday Directions:** The Bluebird Inn, 1880 Main St, Cambria, CA 93428. From the North: Highway 101 South to 46 West (exit 228) to Highway 1 North. Exit right onto Main St and follow around for 1.8 miles to destination on the left. From the South: Highway 101 North. Exit 203B to CA-1 North. Follow exit around to turn right onto Santa Rosa/CA-1. Follow Highway 1 for 32 miles to Main Street exit. Follow around for 1.8 miles to destination on the left. Google Search: The Bluebird Inn Cambria

**Sunday Directions:** CVS Drugstore, 187 Niblick Rd, Paso Robles, CA 93446. Hwy 101 N, exit 229 Spring St, then turn right on Niblick Rd. CVS is on the left after crossing the long bridge. Hwy 101 S, exit 231A 17th St, left on Riverside to 13th, left on 13th across bridge to S. River Rd. Right for 0.9 miles to Albertson's/CVS Center on your right. Google Search: CVS Paso Robles

## In Memory of Leslie Flowers



Leslie was an enthusiastic member of the South Bay Striders, having joined in 1997. She faithfully stamped IVV books, but kept forgetting to send them in. She just wanted to walk, keeping track was not her priority.

She was a creative force behind our successful program: the California Spanish Missions program (Mission: Possible) that ran from 2008-2013. She had never studied the Missions while growing up in California, as she had skipped 4<sup>th</sup> grade. We bought a styrofoam Mission and birthed the program! It opened so much about California history.

She encouraged learning about areas while on the trail. Ever the adventurer, she initiated walking trips to places like South Africa and joined us for the Olympiad in Germany. She was sure to attend any walking convention in Canada, having lived in Calgary early in her career. She pushed some of us out of our comfort zones: insisting we do the Cross-Country ski event more than once with the Tahoe Trail Trekkers and kayaking on Lake Tahoe for their fun event. I never would have done THAT!

An accomplished writer, Leslie wrote CVA's Guide to Walking welcome page we see every time we open *The COMPASS*. She also had input to the California walking brochure.

She loved walking and hiking in the woods (especially Lake Tahoe) and by the ocean (especially Santa Cruz and Capitola).

It is very difficult to memorialize someone who was not only a professional writer but also, such a vibrant energy for us. I believe she understood how much she was loved and how much she is missed.

--Holly Pelking for the South Bay Striders

## THE DELTA TULE TREKKERS

Invite you to

# A Spooky Winery Walk



## October 28



Sanction #125236-23

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

**Start Time:** 8:00 a.m.–12:00 p.m. **Finish:** 3:00 p.m.

**Distances:** 10K and 5K **Trails Rated:** 1 B

**Fee:** AVA Credit only \$3.00; walk for free if no credit is desired. Donations gratefully accepted.

**Special Programs:** WwW "A", Walk USA A-Z

**Description:** A wonderful walk through grape orchards, wineries and trails by the Mokelumne River. We will begin at a winery and can visit two more and taste as we trek along if we desire. What a fun day! Wear a costume and win a prize!! Enjoy a BBQ starting at 11:00 a.m.

**Miscellaneous:** Water and restrooms available at the start and along the route. Wheelchairs and strollers may have some difficulty on dirt trails. Dogs okay when on leash and with clean-up. However, dogs are not allowed inside tasting rooms.

**Additional Information:** Contact Wanda Martin at 209-565-7729 or [deltatuletrekkers@inreach.com](mailto:deltatuletrekkers@inreach.com)

**Directions:** From **North of Lodi**, Follow Hwy 99 to exit #270, Peltier Rd. Exit and turn LEFT on E. Peltier Rd. Follow E. Peltier to Bruella Rd. RIGHT on Bruella to E. Orchard Rd. LEFT on E. Orchard to Buck Rd. RIGHT on Buck to E. Woodbridge Rd. LEFT on E. Woodbridge to Heritage Oak Winery on the right.

From **South of Lodi**: Follow Hwy 99 North to Exit #266 E. Victor Rd. Exit to frontage road (Beckman Rd.) and LEFT on frontage road to E. Victor Rd., Hwy 12. RIGHT on E. Victor and follow to Bruella Rd. LEFT on Bruella, over the Mokelumne River to E. Orchard Rd. RIGHT on E. Orchard to Buck Rd. RIGHT on Buck to E. Woodbridge Rd. LEFT on E. Woodbridge to Heritage Oak Winery on the right.



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**\*\* REMINDER: 11/10 - Deadline for 1st Q 2024 COMPASS Articles\*\***

# Hike the Presidio in San Francisco



**SATURDAY, Nov 11, 2023**

**SPONSOR: San Francisco Bay Bandits**  
SANCTION #125302-23

**LOCATION:** Inspiration Point, Arguello Blvd, SF CA  
**START:** 8:30 AM to Noon **FINISH:** 3:00 PM  
**DISTANCE, TRAIL RATINGS:** 10K, 5K – 2B. Paved, dirt, and sandy trails. Not suitable for wheelchairs and strollers, request reroute at registration.  
**FEE:** \$3.00 for IVV credit and non-IVV. New walkers free. Donations appreciated.

**SPECIAL PROGRAMS:** Light, Par, R-to-T, USA, Vet, WvW  
**MISCELLANEOUS:** Water and restrooms at Presidio Golf Clubhouse near start point & along route. Parking at Inspiration Point free 4 hours, ~ 20 spaces. Overflow at Clubhouse lot, 3 hours. Walking poles could be useful in some areas. Restaurant at Clubhouse & Main Post; viewpoints & beach good for picnicking. Dogs on leash with pick up are OK.

**DESCRIPTION:** Celebrate Veterans' Day in the former Army base of the San Francisco Presidio. Staying away from the busier north section, we'll keep to the south where paths are varied and less congested. Highlights are Inspiration Pt, The Spire, Rob Hill Campground, Immigrant Point, Baker Beach, Lobos Valley, Mountain Lake, and stunning views. To value our Veterans on their day, we will stop at the SF National Cemetery and the WWII West Coast Memorial to the Missing. See a house that is hidden, virtually unknown, even to SF natives. Walk along the edge of the continent, look out over the Pacific Ocean, and perhaps see a ship cruising into the Bay. Count the number of GG Bridge views you see!

**CONTACT:** Mary Bond – bondsf@gmail.com or call 415-336-0609 to leave a message. (Will answer on walk day)

**DIRECTIONS:** For GPS use "Inspiration Point Arguello Blvd San Francisco". **FROM SO** – (Hwy 280 Daly City) take 3 L lanes to 19<sup>th</sup> Ave/Park Presidio. Continue ~ 5 mi; R on California; L on Arguello; R at Arguello Gate; ~ 200 ft to Insp Pt on R. **FROM EAST** – (Bay Bridge) Fremont St, Bridge R, exit 2C (2 lanes, stay L); L on Pine; ~ 2 ½ mi, R on Lyon; L on Jackson; R on Arguello & R at Arguello Gate; ~ 200 ft Insp. Pt. on R.

**FROM NO** – (GG Bridge) take Presidio exit; R on Girard (traffic light); R on Lincoln; L on Funston; R on Moraga; L on Arguello; ~ ½ mi, Insp. Pt. on L.

**\*\* DEADLINE: 11/15 - SUBSCRIBE for all 4 issues of 2024\*\***

**Year Round and Seasonal Event Changes since the last COMPASS Issue**

**Call POC or check AVA website ([my.ava.org/events](http://my.ava.org/events) tab) for latest information and more details.**

**OSB = Online Start Box.**

**Entries with this listing are OSB ONLY.**

**Go to [my.ava.org](http://my.ava.org) to get started.**

**Capitola - Co: SCruz - walk Secret Paths & Stairways (Y1183)** start Coffetopia, 3701 Portola Dr, Santa Cruz, CA 95062. POC Holly Pelking 408.859.7978, by SBS. New: trail along train track is closed. Continue on Cliff Dr to 3rd crosswalk. Left up metal stairs to trail. Go Right.

**Carmichael - Co: Sac - walk Hidden Parks (Y2418)** - start point moved. POC Myrna Jackson 916.481.6714 or mjacks1940@yahoo.com has the box, by SWS.

**Citrus Heights - Co: Sac - walk Stock Ranch (Y0224)** start remote registration, phone or email POC Dave Barnes 651.955.6042 or barnesde61@gmail.com, by SWS.

**Manteca - Co: SJ - walk San Joaquin County (Y2024)** start Frank's Downtown Café, 162 No. Maple Ave, Manteca, CA 95336, POC Marcelo Fernandez 562.521.3775 by DTT.

**Sacramento - Co: Sac - walk Jane Graham's Land Park Loops (Y1039)** start Sprouts Farmers' Market, 4408 Del Rio Road, Sacramento, CA 95822, POC Jennifer Stanley 415.516.5671 by SWS. New: Loop 1 on hold - no access to river levee.

**Sacramento - Co: Sac - bike: Natomas Flood Plain Tour (Y0767) & 2 walks North Natomas (Y2186) and South Natomas (Y0588)** start Natomas Bike Shop, 3291 Truxel Rd, #30, Sacramento, CA 95833, POC Kathi Brewster 317.410.5132, by SWS.

**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.DeltaTuleTrekks.org](http://www.DeltaTuleTrekks.org)

**LDR:**

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

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

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

**SCS:**

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

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

**SWS:**

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

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

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

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[betsywalks@gmail.com](mailto:betsywalks@gmail.com)

or 530-412-4453



Delivery possible at upcoming walk events.

*The Delta Tule Trekkers*

*Invite you to*

*A Christmas Walk at Sutter Creek*

Sanction #125237-23



*December 2, 2023*

**Registration/Start Location:** Parking lot at 18 Eureka St., Sutter Creek, CA 95685

**Start time:** 8:30 a.m. to 12 p.m.

**Finish** and check-in before 3 p.m.

**Distances:** 5k and 10k **Trail Ratings:** 2B – both.

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

**Special Programs:** Th/Ch, Vet, Walk USA-Z, WwW

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

**Miscellaneous:** Wheelchairs and strollers are not recommended on this walk. Restrooms and water at the start and along the route. Dogs welcome on leash with pick-up after them.

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

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

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## Look Who's Walking!

The California walkers listed received Event Awards, as noted in the September issue of *The America Wanderer*. Please acknowledge their achievement when you see them. Names with an \* earned more than one award. Here is the highest number of Events they completed.

Name	Total Events
Tammi Kerch*	200 Events
Elizabeth Bain*	250 Events
Christine Williams	300 Events
Phyllis Wichelns	400 Events
Bob Gley	475 Events
L C Ramos Haugen*	475 Events
Theresa Ihara	575 Events
Debbie Gley	625 Events
Shirley Hightower*	650 Events
Doug Rathgeb	1,250 Events
Jean Lucas	1,300 Events
Holly Pelking**	2,300 Events
Kathleen Engelhardt	4,500 Events

## Look Who's Walking!

Below are the names of the volkwalkers who earned Distance Awards as listed in the September edition of *The American Wanderer*. The total kilometers each finished is found here. Give them a well-deserved High Five when you see them on the trail!

Name	Total KM
Myrna Jackson <i>Bike</i>	325 KM
Ginger Fredriks	1,500 KM
Ty Fredriks	1,500 KM
Elizabeth Bain	2,500 KM
Phyllis Wichelns	3,000 KM
Christine Williams	3,000 KM
Shirley Hightower	5,500 KM
Theresa Ihara	6,000 KM
Jean Lucas	14,000 KM
Barbara Nuss	17,000 KM
Holly Pelking	25,000 KM
Kathleen Engelhardt	45,000 KM



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Please send your completed form and check, payable to CVA, to:

COMPASS Subscriptions  
Jean Lucas  
2423 Regis Drive  
Davis, CA 95618-2543

Thank You!

See You On The Trails...

Questions: Call Jean Lucas at 530-848-5362 or email her at [jeanb@dcn.org](mailto:jeanb@dcn.org)

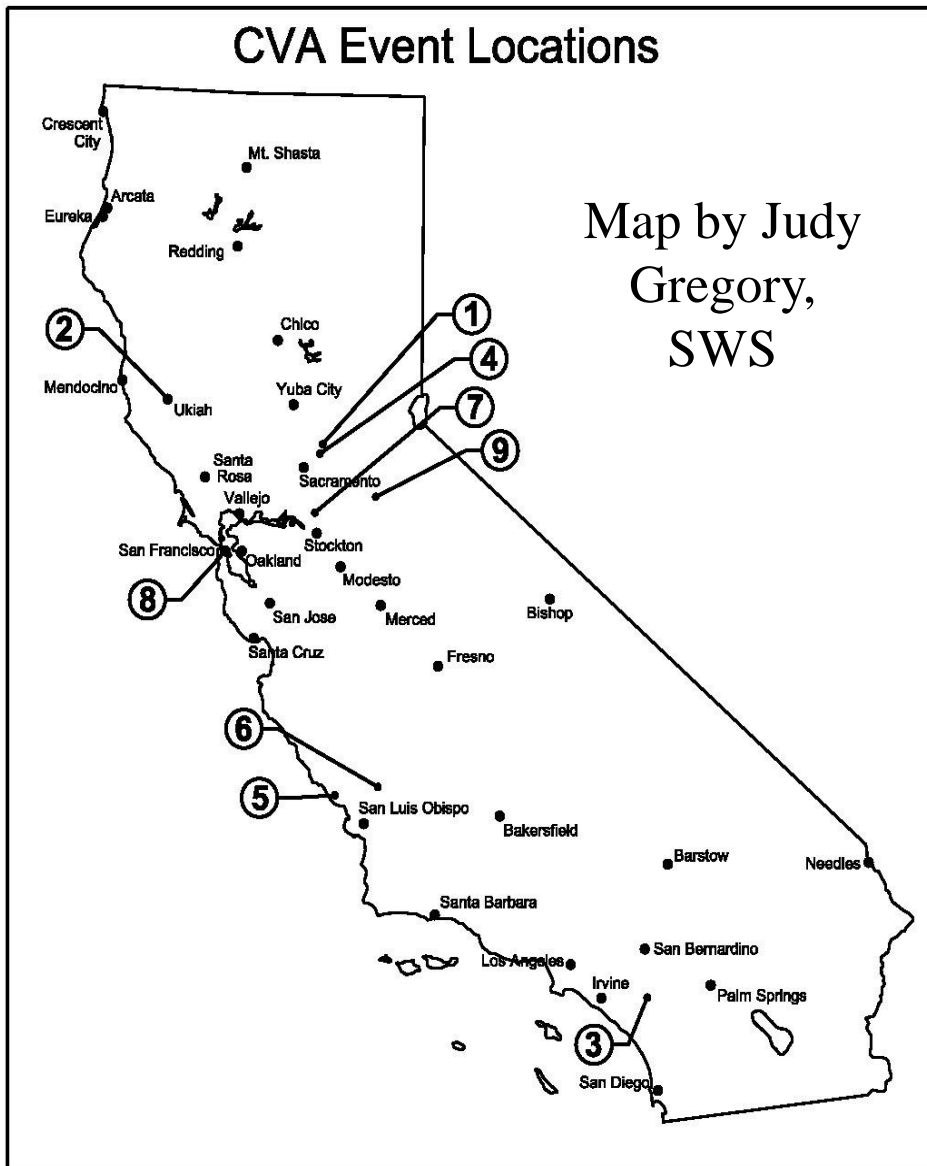
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**California Events**  
**4th Quarter, 2023**

No.	Date	Event	Club	Location	Co
1	10/07	W	PP	Rocklin - walks to Sunset Whitney Park	Pla
2	10/14	W	SCS	Ukiah - Pumpkin Fest	Mendo
3	10/14	W	LDR	Wildomar - 40 yr Birthday Bash & Oktoberfest	Riv
4	10/21	W	SWS	Roseville - Buljan Park walk	Pla
5	10/21 & 10/22	W	CCBB	Cambria - Scarecrow & Nature walk	SLO
6	10/21 & 10/22	W	CCBB	Paso Robles-- Downtown & River walk	SLO
7	10/28	W	DTT	Acampo -- Spooky Winery walk	SJ
	11/10		All	COMPASS articles due for 1st quarter 2024	
8	11/11	W	SFBB	San Francisco - Hike the Presidio	SF
	11/15		All	COMPASS Deadline to subscribe for all 4 2024 issues	
9	12/02	W	DTT	Sutter Creek - Christmas Holiday Walk	Ama

**CVA Event Locations**



Save these dates to walk with the

**Sonoma County Stompers:**  
**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.

