

# *The* *COMPASS*

A Publication of the *California Volkssport Association*

*October*

*November*

*December*

*2025*



Delta Tule Trekkers walking the San Francisco Maritime route. Taking in the sites!



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



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## CONTENTS, AVA VISION, MISSION & OFFICERS

CONTENTS	PAGES
Contents, AVA Vision, Mission & Officers	2
How to Start Walking with CVA	3
CA Club Contacts & CVA Officers	4
Message from the Prez	5
PARD Column, CVA Pins for Sale, AVA & CA Club Websites	6
General Information	7
Special Programs, Trail Ratings	8
YRE Changes since Q3, Events: Oct, Nov & Dec	9
Look Who's Walking	11
Walk Them One More Time	14
Subscribe to The COMPASS	15
2025 4th Q Events & Map	16



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

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

### AVA Executive Council 2025 - 2027

**Chair of the Board, Carl Cordes**, [chair@ava.org](mailto:chair@ava.org)  
2250 Knoll Crest Ave, North Las Vegas, NV 89032  
Phone: 702.540.6632

**Vice-Chair, Ed McCabe**, [vice\\_chair@ava.org](mailto:vice_chair@ava.org)  
109 Horseshoe Drive, Dripping Springs, TX 78620  
Email: [emccabe1234@gmail.com](mailto:emccabe1234@gmail.com)

**Secretary, Leslie Stone**, [secretary@ava.org](mailto:secretary@ava.org)  
1103 Hansberry Court, Ormond Beach, FL 32174  
Phone: 832.588.1417

**Finance Chair, Seth Werner**, [finance\\_chair@ava.org](mailto:finance_chair@ava.org)

**Pacific Regional Director, Holly Pelking**, [pa\\_rd@ava.org](mailto:pa_rd@ava.org)  
15680 Alum Rock Ave., San Jose, CA 95127  
Phone: 408.859.7978, Email: [holly.pelking@yahoo.com](mailto:holly.pelking@yahoo.com)

**Pacific Deputy Regional Director,**  
[pa\\_drd@ava.org](mailto:pa_drd@ava.org)  
currently open

**National Headquarters Executive Director**  
**Henry Rosales**, [execdir@ava.org](mailto:execdir@ava.org)  
National Office - RECENTLY MOVED  
**1032 South Alamo Street**  
San Antonio, TX 78210  
Phone: 210.659.2112

#### 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 articles to:

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

**Renew**

**Subscribe see Page 15**



## Where to Start? **HERE**

### We are .....

We are an organization of walking clubs located throughout California. Our members are individuals and families (and even some dogs!) who love to explore this beautiful state - on foot! We have 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 nearly 50 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 5 kilometers (3.1 miles) or 10 kilometers (6.2 miles). Some walks, "Year-Round Events" 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 2025, the Convention was held in Livermore June 6-8. In 2026, the Convention will be held in Temecula on May 15, 16 and 17.

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, and sunscreen.
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.



## 2025 CVA CONTACTS: California Club & CVA Officers

<b>CCBB:</b> Central Coast Beach Boardwalkers Ty Fredriks 805.937.3800 847 Blake Street Santa Maria, CA 93455-4956 ty@beachboardwalkers.org	<b>DTT:</b> Delta Tule Trekkers Cathy Pauley 915.479.1060 3315-1/2 Cherryland Ave. Stockton, CA 95215 president@deltatuletrekkers.org	<b>LDR:</b> Low Desert Roadrunners Kathy Bundy 951.218.3755 P.O. Box 416 Wildomar, CA 92595 bunznkatz7@gmail.com
<b>PP:</b> Placer Pacers Bruce McDevitt 530.412.4452 371 Cuckoo Court Applegate, CA 95703 walknsail@gmail.com	<b>SBS:</b> South Bay Striders Suzi Glass 408.592.3935 5562 Vassar Drive San Jose, CA 95118 glass2walk@gmail.com	<b>SCS:</b> Sonoma County Stompers Marilyn Nasi 707.539.8083 110 Valley Lakes Drive Santa Rosa, CA 95409 mbnasi91@comcast.net
<b>SFBB:</b> San Francisco Bay Bandits Priscilla Fife 916.616.6003 2241 Pacific Ave., #B Alameda, CA 94501 sfbaybandits@aol.com	<b>SWS:</b> Sacramento Walking Sticks Barbara Nuss 916.283.4650 P.O. Box 277303 Sacramento, CA 95827-7303 suki2010@mycci.net	<b>TTT:</b> Tahoe Trail Trekkers Betsy McDevitt 530.412.4453 371 Cuckoo Court Applegate, CA 95703 betsywalks@gmail.com
	<b>VVV:</b> Vaca Valley Volks Tom Smith 707.628.9808 848 Stonegate Court Vacaville, CA 95687 smithkey78@gmail.com	

### CVA Officers

<b>President</b> Cathy Pauley 915.479.1060 3315-1/2 Cherryland Avenue Stockton, CA 95215 President@CVA4u.org	<b>Secretary</b> secretary@CVA4u.org	<b>Treasurer</b> Steve Hughart 916.616.7150 P. O. Box 277303 Sacramento, CA 95827 hugharts@sbcglobal.net
<b>Vice President, North</b> Paul Robb 916.430.6649 2202 Babson Drive Elk Grove, CA 95758 paul.robbs65@gmail.com	<b>Vice President, Central /South</b> Priscilla Fife 916.616.6003 2241 Pacific Avenue #B Alameda, CA 94501 VP-Central@CVA4u.org	<b>Webmaster</b> Diane Gomes 209.815.6042 1264 Sprague Street Manteca, CA 95336 californiavolks2019@gmail.com
<b>The COMPASS Staff</b> <b>Editor</b> Suzi Glass 408.592.3935 5562 Vassar Drive San Jose, CA 95118 glass2walk@gmail.com	<b>Mailing List, Donations &amp; COMPASS Subscriptions</b> Jean Lucas 530.848.5362 2423 Regis Drive Davis, CA 95618-2543 jeanb@dcn.org	<b>Editing &amp; Publishing Liaisons</b> Bruce & Betsy McDevitt 530.412.4453 371 Cuckoo Court Applegate, CA 95703 betsywalks@gmail.com

**COMPASS SUBSCRIPTION DEADLINES**  
**Subscribe by November 15th for all 4 issues in 2026**  
Subscribe by February 15th for 3 issues in 2026  
Subscribe by May 15th for 2 issues in 2026  
Subscribe by August 15th for the last issue in 2026

Message from the Prez, Cathy Pauley:

What a wonderful 2025 Convention! Thank you again to the Bay Bandits and the Delta Tule Trekkers who co-hosted this convention. Both clubs received a lot of positive feedback regarding the hotel, the walks, Meet and Greet and meeting. (We did underestimate the number of people attending the meeting and scrambled to find seating for everyone but that seemed to be the only hiccup of the convention.) And to be honest, I was thrilled we had such a large turnout at the business meeting!

Becky Forsythe for her last action as Pacific Area Regional Director (PARD), gave out several awards to different CVA members. It was great to see so many volunteers recognized. Becky also thanked and recognized Holly Pelking, the new PARD, and myself for all our support. Although I don't think she realizes it, Becky was a terrific PARD and stepped forward when no one else was able to take the position. We look forward to seeing her in our great state again soon!

The 2026 CVA Convention will be hosted by the Central Coast Beach Boardwalkers and the Low Desert Roadrunners in Temecula. I am excited to gather as CVA and walk in that beautiful wine country area of Southern California. Ty, Ginger and Kathy are all working so hard to make this another great convention. Speaking of Kathy Bundy – she just spent several weeks walking the Camino del Norte, a route of the historic Camino de Santiago that begins in Irun, Spain. What an amazing feat for this special senior Volkssporter! She truly amazes me, and I am so proud that she is the president of the Low Desert Roadrunners.

By the time this edition is publicized, I will have sent out emails looking for a nomination committee! For the California Volkssport Association to continue, it must have officers to manage our business. We will be voting for President, VP South/Central, VP North, Treasurer and Secretary. (I am willing to stay on as Secretary, but I have reached my two-term limit as President.) After the 2026 Convention, I am going to start being trained and run for Deputy PARD to give Suzi Glass a much-needed break.

The weather is cooler, the walks are spooky, and the friendships continue to grow. I hope to see you all on a walk soon!

Let me share about this edition's photo. I was with friends walking the Pleasanton 5K walk at the Convention and this sign seemed the perfect place for a photo taken by Carl Cordes.

Your Prez, Cathy



## PARD Report

Hello Pacific Region!

I hope this finds you all well and ready to enter a fun and fitness-filled Fall. Thank you for your enthusiastic approval of my serving as your Pacific Regional Director. It is an honor to represent you, once again, in the capacity of national board member.

There are some exciting things coming on the national level in 2026. I want you to be aware of them so you can plan.



First of all, 2026 is the 50th anniversary of AVA. At our June meeting in San Antonio, I heard many plans already in the works to celebrate this special anniversary. Our own Las Vegas High Rollers & Strollers are planning a fun-filled weekend of walks (with one including wine tasting!) the weekend of January 9-11 to help kick us off. I think it would be great to join them and have a bash! Does anyone want to coordinate a bus trip?

On the national level, there are plans about making Crazy Horse a two-day event in June, to celebrate AVA turning 50 and 40 years of volksmarching at the site. We are hoping to break the previous record of 10,000 walkers attending the event. There is now a 5K option for Crazy Horse, so more walkers are able to enjoy this event!

If there is a special walk your club would like to do to celebrate AVA's 50th, please let me and Cathy Pauley know so we can get the word out. Let's keep moving and enjoy our wonderful country's trails! Take care out there.

Holly Pelking, PARD  
best contact: [holly.pelking@yahoo.com](mailto:holly.pelking@yahoo.com)

## 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 Betsy will have pins at up-coming 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.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)

**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) and [www.facebook.com/TahoeTrailTrekks](http://www.facebook.com/TahoeTrailTrekks)

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



# 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.

## Special Event Programs

Special Event Programs are designed by clubs, often partnering with groups with notable items outdoors. Walkers interested in those items search for the qualifiers while walking, then note the finds in a special book.

When the book is complete, it is turned into the club for an award (patch, pin, etc.). The 15 Special Programs below include 2 new ones for 2025 (listed in bold).

The abbreviations are used in the Traditional Event columns here in *The COMPASS*. AVA's *Starting Point 2025* book and the [ava.org](http://ava.org) "Events" tab also lists Special Programs for Year-Round and Seasonal events.

Check with the sponsoring club to see if books from programs ending in 2024 may be turned in and awards received in 2025.

## Special Programs 2025

Abbrev	Program Name	Ends
AT	Appalachian Trail	2028
BC	Border Crossings	2024
<b>Grain</b>	<b>Grain Elevators-Monarchs of the Plains</b>	<b>2027</b>
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
<b>Walk Wild</b>	<b>Walk with the Wild Things</b>	<b>2027</b>
50St	50 States	no end
51 Cap	51 Capitals	no end

## 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.



## Year-Round & Seasonal Event Changes since Q3

**Anaheim - Co: Orng - Disneyland -California**  
**Adventure walk (Y0794)** -start: OSB only POC: Holly Pelking 408.859.7978 by PARD

**Coronado - Co: SD Herm Husbands Memorial Walk (Y0352)** -start: OSB only POC: Holly Pelking 408.859.7978 by PARD

**Dana Point - Co: Orng - walk Historic Harbor (Y1343)**  
start: OSB or Hennessey's Tavern, 31761 Camino Capistrano, San Juan Capistrano, CA 92675. POC: Dottie Schwieger 951.505.9738 by LDR *Drive to remote start.*

**Encino - Co: LA Nature & Historic walk (Y0352)** start: OSB only POC Holly Pelking 408.859.7978 by PARD

**Huntington Beach - Co: Orng - Huntington Beach Pier walk (Y0899)** start: OSB or register Albertson's, 7201 Yorktown Ave., Huntington Beach, CA 92648 POC: Kathy Bundy 951.218.3755 by LDR *Remote start at Farquhar Park, 898 12th Street.*

**Redding - Co: Sha - Sundial Bridge walk (Y0705)** start: OSB only POC: Holly Pelking 408.859.7978 by PARD

**Roseville - Co: Pla - 2 walks Maidu Park (Y0560) & Sculpture Park (Y0266) & NW Roseville Bike Tour (Y1239)**, start: Starbucks, 2030 Douglas Blvd, Ste 12, Roseville, CA 95661 POC: Warren Tellefson 530.305.5479 by PP

**San Francisco - Co: SF - walk Golden Gate Park (Y3164)**  
start: Seal Rock Inn, 545 Point Lobos at 48th Ave, San Francisco, CA 94121. POC: Priscilla Fife 916.616.6003 by SFBB. *After registering, drive to the Beach Chalet Soccer Fields to start. Walk CLOSED Sept 29 to Oct 8, due to music festivals.*

**Yosemite National Park - Co: Mrp Valley Floor walk (Y0727) & 2 seasonal walks 05/01-10/31/25 Cloud's Rest (Y0734) & Half Dome (Y0765)** start: OSB only POC: Holly Pelking 408.859.7978 by PARD



### Las Vegas Wetlands Park Walk Seasonal dates: Oct 1 – Dec 31, 2025 Club Walk date: October 25, 2025

Sanction: #129475 - 2025 / Y3660  
Clark County Wetlands Park Nature Center  
7050 Wetlands Park Ln, Las Vegas, NV 89122  
**Seasonal:** Walk during daylight hours only  
**Club Walk:** Start 9:30-11:30; Finish by 2:00pm  
Distances: 6K & 11K Trail Rating: 1B  
Fee: \$4.00 per person, under 18 free

Enjoy this special walk to celebrate our 40<sup>th</sup> club birthday! Club Walk day will include anniversary treats! 210-acre Nature Preserve with three distinct habitats will let you escape the city and desert into an oasis of tall trees and babbling streams. (Note: will not be available in 2026.)

**Special Programs:** USA, 50st

**Miscellaneous:** Trails open daily dawn to dusk. Nature Center Tue-Sun 9am-3pm, closed holidays. Water and restrooms available at Nature Center and throughout park. No dogs allowed. Some short sections are natural paths, otherwise paved. Medium difficulty for strollers, hard for wheelchairs.

**Additional Information Contact:** Al Korejwo at 702-629-9219 or [lvhrs1985@yahoo.com](mailto:lvhrs1985@yahoo.com) or visit [www.lvhrs.org](http://www.lvhrs.org)

**Directions:** From North or South, I-11/US95 take exit 68, Tropicana Ave, and go east about 3 miles. Turn left on Wetlands Park Lane. Continue straight through Park gate to parking lot in front of Nature Center.

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# Walk KENWOOD, CA

## October 4, 2025



**THE KENWOOD R.R. DEPOT**

Sanction: #129342-2025

**Sponsor:** Sonoma County Stompers

**Start Point:** Pillowfight Coffee

8910 Sonoma Highway, Kenwood, CA 95452

**Start Time:** 9AM to 12 Noon **Finish:** by 4PM

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

**Special Program:** R-to-T

**Trail:** Trail goes through historic Kenwood. The Yuki tribe of the Wappo Native Californian Group lived in the area for over 7,000 years. Trains brought Bay Area tourists here in the late 1880's. The Smothers Brothers had a vineyard and tasting room in town. The Nuns Fire (2017) and Glass Fire (2020) destroyed many homes. Enjoy the rebuilt portions of town with fire resistant features. Many charming stores and places to eat plus wine tasting.

**Fees:** Participation fee of \$4.00 per person is charged, unless you are a first time AVA walker (Free!).

**Miscellaneous:** Water and restrooms are available at the start/finish point. Restrooms along the route are for customers only. Strollers and wheelchairs have medium difficulty. Pets are allowed with pick up and always under control. Please park away from businesses. Best parking is in the parking area across Randolph St. from the firehouse.

**Directions:** *From the West* – From Sacramento on I-80. Take Exit 39B CA-12W toward Sonoma/Napa. Follow signs to continue CA-12W toward Sonoma/Santa Rosa. Kenwood is 11 miles before Sant Rosa on CA-12W and 11 miles past Sonoma. Start is on the left. *From San Francisco* take US-101N across GG Bridge. Proceed toward Santa Rosa, Exit 488-B to merge with CA-12E toward Sonoma. Follow CA-12E to Kenwood about 11 miles. Start is on the right. **SUGGEST CARPOOLING as there is LIMITED PARKING**

**Point of Contact:** Marilyn Nasi  
707.486.8528 (cell) Day of Walk



walk  
**CATLIN  
PARK**  
FOLSOM, CA  
**October 11**

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

**SPECIAL PROGRAMS:** Par

**SANCTION:** #129461 - 2025

**SPONSOR:** *Sacramento Walking Sticks*

**LOCATION:** Catlin Park  
825 Russi Road, Folsom, CA 95630

**START TIME:** 9:00 AM-12:00 PM

**FINISH TIME:** 3:00 PM

**FEES:** Credit \$4.00, Non-credit \$2.00

**DISTANCE/TRAIL RATING:** 5K, 10K both 2B

### TRAIL DESCRIPTION:

Folsom is home to 48 parks, more than 50 miles of bike and pedestrian trails. Both routes include strolling through surrounding parks, neighborhoods, trails and reservoirs.

### MISCELLANEOUS:

Water and restrooms at start/finish and along the routes, dogs are permitted on a leash with clean-up. Routes are hard for strollers, but unworkable for wheelchairs.

### CONTACT:

Myrna Jackson at [mjackson1940@yahoo.com](mailto:mjackson1940@yahoo.com)

### DIRECTIONS:

From Sacramento take Hwy 50 eastbound to exit Folsom Blvd. Left on Folsom Blvd, right on Blue Ravine Rd, right on Russi Rd to Catlin Park on the right. Parking on the street – pay attention to signs and at the school lot adjacent to the park.

### LOOK WHO'S WALKING!

*The American Wanderer (TAW) listed the EVENT achievements of the following walkers in their June issue. Please acknowledge their efforts.*

Name	# of Events
Debra Coubal	10 Events
Mick Coubal	10 Events
Diane Goldman *	200 Events
David Singer *	200 Events
Ann Bechtholdt	275 Events
Dick Bechtholdt	275 Events
William Diaz *	325 Events
Zori Lozano Friedrich *	450 Events
Carole Soenke	1,050 Events
Kathy Bundy *	1,200 Events
Doug Rathgeb	1,350 Events
Jean Lucas	1,400 Events
John Glass	1,500 Events
Suzi Glass	2,000 Events

The \* next to a name means the walker earned more than one Event level since the last TAW.



### LOOK WHO'S WALKING!

*Distance awards were earned by the following walkers, according to The American Wanderer. Give them a "High 5" when you meet them on the trail!*

Name	Distance Milestone
Gerald Myers	1,500 KM
Parul Purohit	2,000 KM
Ann Bechtholdt	2,500 KM
Dick Bechtholdt	2,500 KM
Zori Lozano Friedrich	3,500 KM
John Glass	13,000 KM



THE DELTA TULE TREKKERS

Invite you to a *Spooky Walk*

**October 25, 2025**

### Caswell Memorial State Park

28000 Austin Rd., Ripon, CA 95366

Sanction: #130449 - 2025

Start Time: 8:30-12:00 noon Finish by 3 pm.

Distances: 10K and 5K

Trail Rating: 10K 2-B and 5K 1-A

Fee: Credit only – \$ 4.00.

Special Programs: R-to-T, USA (R)

**Description:** Join us on a Halloween weekend walk through a forest of old oak trees, hanging vines, and wild grapes along paved and dirt trails. Beware - - ghosts, & goblins may be lurking along the trails. A costume contest will be held around noon with prizes for the best. A barbecue will be held from 11:30 to 2 (donation.) Camping is available in the park. There is a park entrance fee of \$10.00 per car. The entrance fee is included in the camping fee. Campground reservations are not necessary at this time of year. Carpooling advised.

**Miscellaneous:** 5K walk suggested for wheelchairs and strollers. Water and restrooms available at the start and along the trail. Dogs allowed at the campsites, on leash, with pick-up, but not allowed on park trails.

**Additional Information:** Contact Joan Sykes  
209-931-0557

or the club website [deltatuletrekkers.org](http://deltatuletrekkers.org).

**Directions:** Southbound, follow Hwy 99 approximately 14 miles south of Stockton to Exit #240, Austin Rd. Exit and turn left on the frontage road to Austin Rd. Right on Austin Rd., over the railroad tracks and follow Austin Rd. six miles to the Park entrance straight ahead to the Big Meadows Picnic area, 2<sup>nd</sup> road on left. Northbound: Hwy 99 to Exit #240. Turn left on Austin Rd., over railroad tracks; six miles to Park entrance.

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*THE LOW DESERT ROADRUNNERS*

Invite you to walk with us in

**RIVERSIDE, CA**

**Zombies, it is time you get your respect.**

**I know you are *dying* to participate!**

**OCTOBER 25<sup>TH</sup>, 2025**

Sanction: #129948-2025

**Start: Ryan Bonaminio Park**

**5000 Tequesquite Ave.**

**Riverside, CA 92506**

**Start Time: 8:00 a.m. Finish Time: 1:00 p.m.**

**Distances: 5k & 10k Trail Rating: 1A both**

**Fee: \$4.00 Special Programs: Par, Vet**

**Description:** The Walk begins at the park and continues past a few graveyards that I know you zombies will enjoy. Evergreen Memorial Park Cemetery--Riverside's first cemetery. Continue your walk up to and through historic downtown Riverside. Imagine walking here during Christmas time with the lights.

**Miscellaneous:** Water and restrooms available at the start point and along the route. Strollers & wheelchairs may have difficulty in a few areas on the hilly streets. An alternate route will be available. Dogs are welcome and must be **ON LEASH** with **CLEAN-UP**.

**Contact:** Maureen Carlson at 909-227-5319 or the club website, [lowdesertroadrunners.org](http://lowdesertroadrunners.org).

**Directions:** From the 91 Fwy towards Riverside: Take exit 63- Turn Left onto 14<sup>th</sup> St. Turn left onto Palm Ave, Turn Right onto Tequesquite Ave. Park will be on the left. Look for the AVA sign.

**Walk**



**RUSH RANCH**

**NOVEMBER 1<sup>st</sup>, 2025**

With the VACA VALLEY VOLKS

Sanction: #130260-2025

**START LOCATION:** Rush Ranch, 3521 Grizzly

Island Rd., Suisun City, CA 94585

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

**DISTANCES:** 6 km and 11 km

**TRAIL RATED: 2B** – 3 packed dirt trails. Hill Trail rated 3 (fairly steep with a terrific view). Not suitable for wheelchairs; strollers - difficult on uneven trails.

**FEE: \$4.00.**

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

**SPECIAL PROGRAMS:** None.

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

**CONTACT:** Tom Smith at 707-628-9808

email: [smithkey78@gmail.com](mailto:smithkey78@gmail.com)

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

*The Placer Pacers Present:*

**EL DORADO TRAIL "RAILS TO TRAILS" 2 EVENTS: WALK AND/OR BIKE IN  
Placerville, California  
November 8, 2025**



**WALK** 5k & 10k (3.1 or 6.2 miles) **AND A BIKE** 25k (15.5 mi.)

**SANCTION NUMBERS:** Walk #130458-2025      Bike #130457-2025

**START LOCATION:** Buttercup Pantry, 222 Main St., Placerville, CA 95667

**START** 9 am to noon      **FINISH** by 3 pm

**DISTANCES/TRAIL RATING:** Walks are 5k & 10k rated 1A. **Bike Tour** is 25k rated 1A.

There are two 5k/10k **walk** options: **EAST** or **WEST**:

Walk **EAST** from the Buttercup Pantry through downtown enjoying window shopping. Then pick up the El Dorado Trail heading east through a short tunnel. Proceed along a shaded hillside with lots of views, and then return to the Start/Finish. Or walk **WEST** from the Buttercup Pantry along the railroad grade to a tall railroad bridge with a great view. Then return to the Start/Finish.

The **bike** route is 25k, **EAST** and **WEST**. Start from the Buttercup Pantry, ride **EAST** on the El Dorado Trail past where the 10k walkers turn around, proceeding to the "Bike" turnaround. Then return to the Start for the first 13k. Next, ride **WEST** to the Railroad Bridge where there's a "Bike" turnaround indicator, then back to the Start/Finish for a total of 25k.

*All routes are on gently sloping old railroad grades. There will be turnaround indicators for all routes.*

**REGISTRATION:** Credit and Guest fee is \$4.00. Refunds cannot be provided. No pre-registration for this event.

**SPECIAL PROGRAMS:** Co: EID, R-to-T, TH/CH, & USA (P).

**MISCELLANEOUS:** Restrooms & water are available at the Start/Finish. Strollers & Wheelchairs medium for 5k & 10k walks. Dogs okay on leash with cleanup.

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

**PARKING:** Do not park in the Buttercup Pantry parking lot. Park on the street or there are two city parking lots one block away and a 4-story parking structure, two blocks away. See map. The first two hours of parking are free. There is a small per hour charge after that.

**DIRECTIONS:** From Sacramento take I-50 eastbound to Placerville, exit Right at Spring St./CA 49. Turn Left onto Main St. Buttercup Pantry is on the Right. From Lake Tahoe, take I-50 westbound, to Placerville. At 2nd stoplight turn Left onto Spring St./CA 49, then turn Left onto Main St. Buttercup Pantry is on the Right.



**\*\* REMINDER: 11/10 - Deadline for 1st Q 2026 COMPASS Articles \*\***

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## The Delta Tule Trekkers

Invite you to a

### *Christmas Walk at Sutter Creek*

**December 6, 2025**

Sanction: #130450-2025

**Registration/Start Location:** Parking lot at 18 Eureka St, Sutter Creek, CA 95685 behind the Auditorium. As you enter Sutter Creek, turn right on to Church St. and take first left on paved driveway to parking lot. Registration table will be on the right toward the ballfield.

**Start time:** 8:30am. to noon. **Finish** walk and check back in by 3 pm. Return yellow copy of registration.

**Distance:** 5k and 10k **Trail Ratings:** 2B – both.  
**Fee:** Credit only \$4.00  
**Special Programs:** R-to-T, Step, Vet.

**Description:** A beautiful walk through a Gold Rush era town filled with history. The 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 left, the corner of Church St. Turn Right on Church St. and left on first paved road down the hill to the parking lot. Look for AVA WALK sign. If parking lot is full, return to Main St., and turn right. Go over the bridge and right on Eureka St. to the parking lot on the other side of the pedestrian bridge.



### **Walk Them One More Time---**

**The following Events will no longer be available after December 31st**

#	Club	City	Name	Start
Y0445	SBS	Carmel	Point Lobos	Lopez Taqueria, 500 Del Monte, Monterey, 93940
Y3330	PP	Placerville	Old Hangtown	Buttercup Pantry, 222 Main St, Placerville, 95667
Y0490	LDR	Redondo Beach	Pier 2 Pier	OSB only
Y0767	SWS	Sacramento	Natomas Flood Plain Tour (Bike)	Natomas Bike Shop, 3291 Truxel Rd #30, Sacramento, 95833
Y2186	SWS	Sacramento	North Natomas	Natomas Bike Shop, 3291 Truxel Rd #30, Sacramento, 95833
Y0588	SWS	Sacramento	South Natomas	Natomas Bike Shop, 3291 Truxel Rd #30, Sacramento, 95833
Y0539	SWS	Woodland	Historic	Nugget Market, 157 Main St, Woodland, 95695
Y1429	SWS	Zamora	Rural Yolo County	Zamora Mini-Mart, 9920 County Rd 99-W, Zamora, 95698





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**By November 15**, please send your check for the suggested donation payable to The California Volkssport Association (CVA) and your completed form to: *COMPASS* Subscriptions, Jean Lucas, 2423 Regis Drive, Davis, CA 95618-2543

**Questions? Call Jean Lucas 530.848.5362 or email [jeanb@dcn.org](mailto:jeanb@dcn.org)**



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

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**Auburn CA 95603**

### 2025 Fourth Quarter Events

#	Date		Club	Location	Co.
1	09/26-09/28	W	CCBB	Orcutt - Chalk Festival & Solvang	SB
2	10/01	W	LVHRS	Las Vegas - Clark Co Wetlands Park	Clark, NV
3	10/04	W	SCS	Kenwood - Historic	Son
4	10/11	W	SWS	Folsom - Catlin Park	Sac
5	10/25	W	DTT	Ripon- Spooky Walk Caswell Mem Park	SJ
6	10/25	W	LDR	Riverside - Zombie Walk - Ryan Bonaminio Park	Riv
7	11/01	W	VVV	Suisun City - Rush Ranch	Sol
8	11/08	W	PP	Placerville - Rails to Trails East or West	EID
9	11/08	Bike	PP	Placerville - Rails to Trails East & West	EID
	11/10		All	Articles due for 2026 Q 1 COMPASS	
	11/15		All	COMPASS Subscription Renewal for 2026	
10	12/06	W	DTT	Sutter Creek - Christmas walk	Ama

### CVA Event Locations

