

The *COMPASS*

A Publication of the *California Volkssport Association*

April

May

June

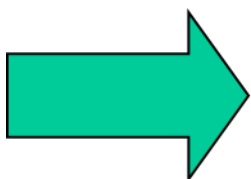
2026



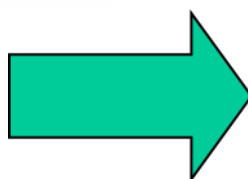
**Intrepid Low Desert Roadrunners walk
rain or shine!**



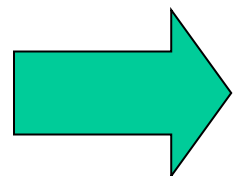
**AMERICA'S
WALKING CLUB**
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CONTENTS, AVA VISION, MISSION & OFFICERS

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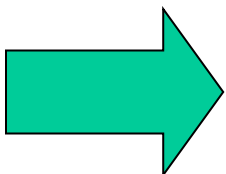
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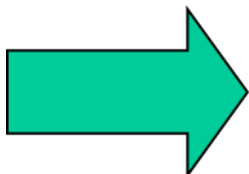
AVA's Vision: Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.

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

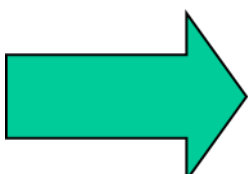
<u>COMPASS Article Deadlines</u>
May 10 for July, August & September
August 10 for Oct., Nov. & Dec events
November 10 for Jan., Feb. & March events
February 10 for April, May & June events
send articles to: Suzi Glass: glass2walk@gmail.com



Renew



Subscribe see Page 15





New Walkers – The COMPASS is for YOU!

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 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. Many are listed on the Online Start Box (OSB) and are available through your phone after creating an account. Other walks, "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 2026, the Convention will be held in Temecula May 15-17.

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

2026 CVA CONTACTS: California Club & CVA Officers

<p>CCBB: Central Coast Beach Boardwalkers Ty Fredriks 805.937.3800 847 Blake Street Santa Maria, CA 93455-4956 ty@beachboardwalkers.org</p>	<p>DTT: Delta Tule Trekkers Cathy Pauley 915.479.1060 3315-1/2 Cherryland Ave. Stockton, CA 95215 president@deltatuletrekkers.org</p>	<p>LDR: Low Desert Roadrunners Kathy Bundy 951.218.3755 P.O. Box 416 Wildomar, CA 92595 bunznkat7@gmail.com</p>
<p>PP: Placer Pacers Bruce McDevitt 530.412.4452 371 Cuckoo Court Applegate, CA 95703 walknsail@gmail.com</p>	<p>SBS: South Bay Striders Suzi Glass 408.592.3935 5562 Vassar Drive San Jose, CA 95118 glass2walk@gmail.com</p>	<p>SCS: Sonoma County Stompers Marilyn Nasi 707.539.8083 110 Valley Lakes Drive Santa Rosa, CA 95409 mbnasi91@comcast.net</p>
<p>SFBB: San Francisco Bay Bandits Priscilla Fife 916.616.6003 2241 Pacific Ave., #B Alameda, CA 94501 sfbaybandits@aol.com</p>	<p>SWS: Sacramento Walking Sticks Barbara Nuss 916.283.4650 P.O. Box 277303 Sacramento, CA 95827-7303 suki2010@mycci.net</p>	<p>TTT: Tahoe Trail Trekkers Betsy McDevitt 530.412.4453 371 Cuckoo Court Applegate, CA 95703 betsywalks@gmail.com</p>
	<p>VVV: Vaca Valley Volks Tom Smith 707.628.9808 848 Stonegate Court Vacaville, CA 95687 smithkey78@gmail.com</p>	

CVA Officers

<p>President Cathy Pauley 915.479.1060 3315-1/2 Cherryland Avenue Stockton, CA 95215 President@CVA4u.org</p>	<p>Secretary secretary@CVA4u.org</p>	<p>Treasurer Steve Hughart 916.616.7150 P. O. Box 277303 Sacramento, CA 95827 hugharts@sbcglobal.net</p>
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COMPASS SUBSCRIPTION DEADLINES

Subscribe by May 15th for 2 issues in 2026
 Subscribe by August 15th for the last issue in 2026
 Subscribe by November 15th for all 4 issues in 2027
 Subscribe by February 15th for 3 issues in 2027

Message from the Prez, Cathy Pauley:

I have come to the end of my two-term, four-year service as your CVA President, and I am so thankful that I had all of you to walk beside me. As I am writing, it sure feels like these four years have passed quickly!

I do not feel that these words are strong enough, but I truly want to thank my Vice President South-Central Priscilla Fife, second-term Vice President North Paul Robb, first-term Vice President North Heidi Foster, Treasurer Steve Hughart and my sidekick, friend and one-term secretary and one-term Webmaster Diane Gomes. You have made these four years successful and so enjoyable.

I was so blessed to have other appointed volunteers who were with me as well. A huge thanks to *The COMPASS* Editor Suzi Glass (and her family), Subscription coordinator Jean Lucas, *The COMPASS* liaisons Bruce and Betsy McDevitt and Jill Simmons (Business Editor) and Judy Gregory (long-time Webmaster) through my first term.

Next, I want to publicly thank Carl Cordes, Becky Forsythe, Holly Pelking and Suzi Glass who have served as Pacific Regional Director at one point or another through my two terms. They all listened to our concerns and were always there to support me when I needed help. They also make amazing certificates to present to our CVA members and businesses.

I am so thankful for all the club presidents I have served with, and I sincerely am sorry I was not able to support your walks like a state president should. My volunteer service with my disabled adult program has been a part of my life since 2000 and we meet on Saturdays like our walks. I am so appreciative of all the clubs putting together fun and interesting walks that I know will continue. Thank you to all the clubs, presidents and members for being a part of my four years.

Mark your calendar – May 15-17, 2026, for the 2026 CVA Convention being hosted by the Central Coast Beach Boardwalkers and the Low Desert Roadrunners. I am excited to gather with CVA members and walk in the beautiful wine country area of Southern California.

Speaking of the convention, I would love to see a bundle of awards presented by Holly in 2026. Regional awards are submitted on AVA Form 303 and include Commendable, Meritorious (must have 5 years of outstanding service), and Certificate of Appreciation. CofA can be used for members in your club, community partners, or walk-box businesses.

Let me share about this edition’s photo. It was a tough decision on what photo to use for my last column, but I decided on my backup photo from last quarter. On my Mediterranean trip in the fall, we were at the place where the Mediterranean Ocean and Atlantic Ocean meet. For some reason that really amazed me, and is something I never really thought about, but duh, at some point they have to meet! Have an amazing summer and see you at the CVA Convention!

Your Prez, Cathy



COMPASS PARD Report

Here comes Spring, Pacific Region! Let's get ready!

All the buzz is around anniversaries this year- the United States is 250 years old, AVA is 50, and many of our clubs are sharing wonderful milestones as well.

Finding friends at Boulder City, NV Anniversary Event.



One of our clubs-the San Francisco Bay Bandits- is helping celebrate AVA's 50th anniversary by hosting a traditional event **July 24-25** called **50 works of Art for 50 Years of Walking**.

This event is published on the AVA's list of Anniversary events, and it qualifies for the special Anniversary Program, as a result. I anticipate many people from different states will come to participate at this special event weekend (I have friends coming in from Florida just for this walk!)

Marilyn Nasi from the Sonoma County Stompers brought up a great idea-what if clubs offered up Friendship walks, or just YREs, to entice people traveling to San Francisco to do your walks? For instance, Marilyn has Healdsburg, Petaluma & Sebastopol that are all OSB ready for travelers coming from Oregon.

South Bay Striders have Monterey, Capitola and our new San Jose Downtown YREs we could highlight for travelers coming from the south. Do VVV and SWS have any to offer?

I would love to create a map of these walks that your club would like to offer and call it something like the "California Anniversary Trail" (CAT for short) and have a map of the area, with walks highlighted, and maybe "cat" paw prints leading to San Francisco from your walks. I will be in touch with California clubs in the meantime to get a preliminary map ready for the AVA board meeting on March 12.

Everyone interested, please let me know: holly.pelking@yahoo.com. Let's have some fun with this!

Let's keep moving and enjoying our wonderful trails! Take care out there,

Holly Pelking,
PARD

best contact: holly.pelking@yahoo.com

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

Like scavenger hunts?

Then you will love participating in Special Event Programs! Designed by individual clubs, each program bids you notice something "in plain sight" ----a gnome ("Walk Wild"), a playground ("Par"), or a former railroad ("R-to-T"), note it in a special book, then turn the book in for an award (patch, coin, bookmark, etc.).

The 13 programs listed below are described in the "Events" tab at AVA.org . Note: "Anniversaries Hurrah!" only runs in 2026.

"Ends" are for book sales. You may complete a book and return it to the sponsoring club the following year.

Special Programs 2026

Abbrev	Program Name	Ends
AH	Anniversaries Hurrah	2026
AT	Appalachian Trail	2028
Grain	Grain Elevators-Monarchs of the Plains	2027
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
USA	Walk USA A-Z	no end
Vet	Walking with America's Veterans	2027
Walk Wild	Walk with the Wild Things	2027
50 St	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.

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 or 530-412-4453 Betsy will have pins at up-coming walk events.

WEBSITES

AVA: www.AVA.org

my.AVA.org - personal account, OSB

CVA: www.cva4u.org

IVV: ivv-web.org

California Club Websites

CCBB: www.beachboardwalkers.org

DTT: www.DeltaTuleTrekks.org

LDR:

www.LowDesertRoadrunners.org

PP: www.PlacerPacers.org

SBS: www.SBStriders.org

SFBB: www.facebook.com/SanFranciscoBayBandits

SWS:

www.SacramentoWalkingSticks.org

TTT: www.TahoeTrailTrekks.org and www.facebook.com/TahoeTrailTrekks

VVV: www.VacaVolks.org

The Placer Pacers invite you to walk in Auburn, CA.

Saturday

April 18, 2026

5k & 10k (3.1 or 6.2mi)

Sanction: #131855-2026

Start Location: American River Canyon Overlook Park, 855 Pacific Ave., Auburn 95603

Start between 9 am and noon. **Finish** by 3 pm.

Canyon walk (5k) or Canyon +Town Walk (10k)

both are **rated 2A**.

Trail Description: The walks are on paved roads and a stretch that is on a fine gravel roadway. Both walks include a dip into the canyon high above the Middle Fork of the American River. The 5k includes an alternate route along the bank of a Gold Rush era water ditch. This alternate route is rated 2C and is not suitable for either wheelchairs or strollers.

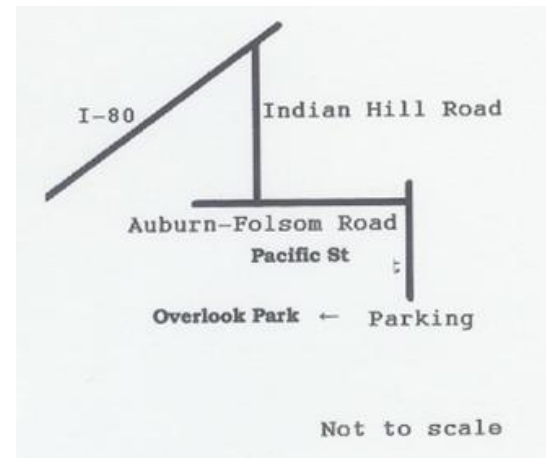
Registration Fees: All walkers \$4.00. Donations appreciated.

Special Programs: Co: Pla, Par, USA "A"

Miscellaneous: Water and restrooms at the Start/Finish with a Port-A-Pottie on the trail. Pets are permitted on a leash with cleanup. Both walks are suitable for strollers, but not wheelchairs. This walk event will take place regardless of the weather conditions.

Additional Information: Warren Tellefson 530-305-5479 e-mail: wtellef@sbcglobal.net

Directions: From I-80 headed either east or west, take the Indian Hill Road/Newcastle exit #115. Go east, then turn left on Auburn- Folsom Road (at signal). Turn right onto Pacific Street. Turn right into the American River Canyon Overlook Park. Look for the IVV Banner.



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Back by Popular Demand!
The San Francisco Bay Bandits invite
you to enjoy

Strolling Solano Avenue

Albany to Berkeley

SATURDAY April 25, 2026

Sanction: #131816 – 2026

Start Location: Tay Tah Café,
 1182 Solano Ave., Albany, CA 94706

Start/Finish Times: 9AM – 3PM

Distances: 5K & 10K walks

Rating: 5K is rated 1A. 10K is 3B-
 not recommended for wheelchairs or
 strollers.

Fees: \$4; New walkers free

Description: Explore this unique
 neighborhood with shops and
 restaurants representing many
 countries. Bay views on 10K route.

Special Programs: Par, Wild (5K only)

Miscellaneous: Water should be
 carried on the routes. Pets on leash OK
 outside buildings. Restroom for café
 customers. Restroom in Library (1247
 Marin) opens at 10AM.

Contact: Pat Thomas 925-405-7398
 (cell) or concordpat@yahoo.com

Directions: Set GPS for Albany Post
 Office; or from I-80 Exit 13A Buchanan
 St. Right at stoplight onto Buchanan St.
 toward Albany. Left onto Pierce St. or
 San Pablo Ave. Right on Solano Ave.



Look Who's Walking!
 The American Wanderer (TAW) of
 December, 2025 listed California
 walkers' EVENT achievements.
 Please congratulate them!

Name	# of Events
Susan Birch*	30 Events
Tammi Kerch*	300 Events
Theresa Peppers	300 Events
Dorothy Schwieger	3,000 Events

The * denotes a walker who
 completed more than one level.



Look Who's Walking!
 The December TAW also honored
 the Distance levels walkers finished.

Name	Distance
Tammi Kerch	1,500 KM

**BE SURE TO GIVE TAMMI
 A HIGH FIVE!**



Vail Ranch – A Quick History

In 1904, Walter Vail migrated to California. With various partners, he began buying acreages in Riverside County, including Temecula. He developed Vail Ranch and drove 1,000 head of cattle from Arizona –the last large cattle drive in the United States. For the next 60 years, Vail Ranch remained a working cattle ranch. Then the Santa Fe Railroad came through our valley and Old Town Temecula was born.

Through the mid-1960's, the economy of Temecula Valley centered around the Vail Ranch, the cattle business and agriculture. The Old West lifestyle continued here, but the outside world was evolving. In July, 1970 the Temecula Post Office was moved to the Wolf Store in Vail Ranch. The place still stands as one of Temecula's oldest buildings.

When Vail Ranch was sold to the Kaiser Development Co., it launched the transformation of Temecula Valley. Some of the old buildings have been preserved. The Vail Ranch Head-quarters is a living history park. The 97,500 acres of the original Vail Ranch is now home to shopping centers, several communities, the Redhawk Golf Course and many parks and activities.

Edited from Jo Billman



The Low Desert Roadrunners Invite you to Earth Day Walk at Vail Ranch Headquarters

Sanction: #131810 - 2026

Sunday, April 26, 2026

Registration/Start Location: 32219 Temecula Parkway, Temecula. Near Wolf Store, Temecula at the Sierra Club Booth.

Start time: 9a.m. to 11:30a.m. **Finish** on your own.
Distance: 5k and 10k **Trail Ratings:** 1A – both.
Fee: Credit only \$4.00
Special Programs: Par, Step. Co: Riv

Description: Walk around Historic Vail Ranch, once the largest cattle ranch in California, and on sidewalks to a waterfall, interesting parks, and a golf course. Enjoy Earth Day activities.

Miscellaneous: Restrooms and water at start. Dogs okay on leash with clean up. Routes okay for strollers but not for wheelchairs. Outdoor restaurants, Brewery & Wine tasting available. Walk with clean up bags (OPTIONAL). Walk includes preserved historic buildings and crosses Temecula Creek riverbed.

Contact: Kathy Bundy, 951.218.3755, or e-mail bunznkatz7@gmail.com.

Directions: 32219 Temecula Parkway, Temecula, CA 15 Fwy South right on Temecula Pkwy exit 58 Hwy 79. Right onto Avenue De Missiones.



2026

CVA Annual Convention



May 15-17, 2026

Hosted by

Low Desert Roadrunners & Central Coast Beach Boardwalkers



AMERICA'S WALKING CLUB
ESTABLISHED 1974



For more information, visit

<https://my.ava.org/find-an-event.php>

(Search by state - California)

Convention Check-In and Start/Finish Table

Holiday Inn Express & Suites Murrieta:

24761 Hospitality Lane, Murrieta, CA, 92562

Host Hotel

Holiday Inn Express & Suites Murrieta:

24761 Hospitality Lane, Murrieta, CA, 92562

Hotel Registration: Discounted room rates are available: \$199.00 + 13.2% tax. Rooms can be either King or Queen size beds.

Price covers Friday May 15th & Saturday May 16th **ONLY**. Complimentary Full American Breakfast Buffet included. **Deadline to register is: April 27th.**

- Register early as we cannot guarantee room rates once the blocked rooms are all filled up.
- Call: 951-319-6880 or (800) 465-4329 to book using code **LDR** or use this link to reserve your room: <https://tinyurl.com/2026CVAHotel>

RVs

Pechanga RV Resort: *Superb RV Park, wide spaces, great landscape and super clean*

- 45000 Pechanga Pkwy, Temecula, CA, 92592
- (877) 997-8386 check for availability
- Located 11 miles from Host Hotel.

Launch Pointe Recreation Destination & RV Park

- 32040 Riverside Dr. Lake Elsinore, CA 92530
- Launch-pointe.com or (951) 471-1212 to check for availability
- Located 15 miles from Host Hotel.





May 15-17, 2026

VOLKSMARCH: Directions to all walk starts are given at the registration table at the Holiday Inn. Restrooms and water available. All walkers pay the \$4 walk fee. Children under the age of 12 not walking for credit must be accompanied by an adult and can walk for free.

Start table address and hours: Holiday Inn Express & Suites Murrieta - 24761 Hospitality Place Murrieta CA. Friday: 1:00-4:00pm, Saturday: 8:00am-Noon, Sunday: 9:00am-Noon.

Walk 1: Temecula Old Town & Rose Garden #131854 5K & 10K rated 1A. Not recommended for strollers and wheelchairs. Dogs OK on leash with cleanup. (Special Programs: Laby, Step, Wild, USA)

Walk 2: Temecula Duck Pond & 3 Ronalds #131839 5K, 7.9K & 10K rated 2A. Difficult for strollers and not recommended for wheelchairs. Dogs OK on leash with cleanup. (Special Programs: Vet, USA, PAR)

Walk 3: Temecula Historic Vail Ranch (#131840) 5K & 10K rated 1A. Easy for strollers and wheelchairs. Dogs OK on leash with cleanup. (Special Programs: PAR, Step, USA)

Walk 4: Murrieta's Veteran Memorial Park (#131153) 5K & 10K rated 1A. Not recommended for strollers and wheelchairs. Dogs OK on leash with cleanup. (Special Programs: Vet, PAR, Grain, USA)

KEY EVENTS / TIME / LOCATION:

Convention Check-In: Holiday Inn Express & Suites Murrieta (Times for attendees to pick up name badge, meal ticket, and walk directions).

Friday, May 15th, 1:00pm-4:00pm Saturday, May 16th 8:00am-Noon, Sunday, May 17th 9:00am-Noon.

Meet & Greet (free): Friday, May 15th from 5:00pm-7:00pm Holiday Inn Express & Suites, 24761 Hospitality Place, Murrieta - Patio

Delegate registration: Saturday, May 16th 12:30pm-1:00pm. Holiday Inn Express, Meeting room, 24761 Hospitality Lane, Murrieta, CA 92562

Saturday CVA Business Meeting: May 16th, 1:00pm - 4:00pm Holiday Inn Express, Meeting room, 24761 Hospitality Lane, Murrieta, CA 92562

Group Dinner: Saturday, May 16th, at 6pm (pre-registration only) Black Bear Diner, 24640 Madison Ave, Murrieta, CA 92562

Pre-Registration form with payment must be received by April 27th, 2026.

Name _____

Address _____

City/State/ZIP _____

Phone _____ e-mail _____

Make your check/money order payable to *Low Desert Roadrunners* (NO CASH PLEASE) and mail to: *Low Desert Roadrunners c/o Jo Billman PO BOX 1146 Wildomar Ca. 92595.*

You may Venmo your payment to: 951-492-1461

Square is also available: Jo will email an invoice to you. Guest will need to send # Walks, # attending Meet & Greet & Dinner. Invoice will be emailed to member to submit CC payment.

Walk 1: IVV Credit \$4 ___ How many? ___ Total \$ ___

Walk 2: IVV Credit \$4 ___ How many? ___ Total \$ ___

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

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

Friday Night Meet & Greet (free) 5pm Yes or No (please circle one) If Yes, how many ___

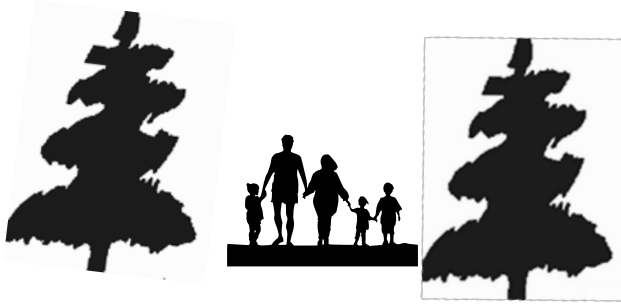
Saturday, May 16th - 6 pm Group Dinner - \$35 (inc. tax & tip) How many? _____ Total \$ _____

Black Bear Diner- 24640 Madison Ave., Murrieta, CA 92562
Dinner will include the following choices: Chicken Fried Steak, Pot Roast, Fried Chicken, mashed potatoes with country gravy, Slow Cooked Pot Roast, vegetables, soup and salad choices.

DUE to limited seating of 45, please register early. Payment due by April 27th, 2026

Sorry, no refunds for no-shows. FOR MORE INFORMATION, Please contact Kathy Bundy 951-218-3755 or Ty Fredriks 805-714-1552

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The DELTA TULE TREKKERS
 Invite you to
Take Papa for a walk
Among the Tall, Tall Trees
 CALAVERAS BIG TREES STATE PARK
 June 20, 2026
 Sanction: #131848 - 2026

Start: Calaveras Big Trees Park
 North Grove Parking Lot, 1170 E.
 State Hwy 4, Arnold, CA 95223
Start Time: 8:30 am to 12:00 pm
Finish: 3:00 pm
Distances: 5K & 10K
Trails Rated: 5K-1A 10K-2B
Fee: AVA Credit only \$4.00.
 First Time walkers Free.
Park Fee: \$10/car, Seniors \$9/car.
 Carpooling advised.

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

All invited for a barbecue beginning at 11:00 am at a designated picnic area.

Special Programs: Par, USA A-Z,
 Co: Cala

Miscellaneous: Water and restrooms at the start and along the route. Wheelchairs and strollers advised to do 5 K. Dogs are welcome on leash in developed areas and campgrounds. Dogs are not allowed on trails, nor in the woods. Park Camping available. Contact www.reservecalifornia.com 1-800-444-7275.

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

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

** REMINDER: 5/10 - Deadline for 3rd Q 2026 COMPASS Articles**
 ** DEADLINE: 5/15 - SUBSCRIBE for 2 COMPASS issues in 2026 **

2026 Year-Round & Seasonal Event Changes Since the Q1 Issue.
 Call POC or check AVA Website (my.ava.org/events) for latest information and more detail. OSB = OnlineStart Box.
 Entries with OSB are online only. Go to my.ava.org to get started.
Changes and NEW events are underlined.

Buellton - Co: SB - walk Buellton Town (Y0799) start: The Sideways Inn, 114 E. Hwy 246, Buellton, CA 93427, POC: Ty Fredriks 805.714.1552 by CCBB

Carson Pass - Co: Alp - walk Pacific Crest Trail (Y3837) start: OSB only POC: Cathy Pauley 915.479.1060 by CVA

Davis - Co: Yolo - University walk (Y0404) start: Fleet Feet Sports, 615 2nd St., Davis, CA 95616 POC: Amul Purohit 530.400.1106 by SWS

Downieville - Co: Sierra - seasonal walk 05/01/25-10/31/26 walk Dave's Partial County Seat Challenge (Y3861) start: online registration only : <https://SaguaroSunStriders.org/store> POC: Frank Sayers, 480.689.8841 by SSS.

Galt - Co: Sac - walk (Y3739) start: McDonald's Hamburgers, 324 Pine St., Galt, CA 95632 POC: Cathy Pauley 915.479.1060 by DTT

lone - Co: Ama - walk Amador County (Y3740) start: lone Plaza Market, 313 Preston Ave, lone, CA 95640 POC: Diane Stauffer 209.423.6474 by DTT

Keene - Co: Kern - 2 walks: Cesar Chavez National Monument (Y3841) & Tehachapi Loop (Y3842) start : OSB or Keene Café, 30256 Woodford-Tehachapi Rd, Keene, CA 93531 POC: Cathy Pauley 915.479.1060. by CVA

Laguna Niguel - Co: Orng - Regional Park walk (Y1342). start: remote registration only-contact POC: Kathy Bundy 951.218.3755 by LDR

Modesto - Co: Stan - (Y0167) start: OSB only POC: Jim & Diane Gomes 209.815.6041 by DTT

Whitewater - Co: Riv -walk Pacific Crest Trail (Y3840) start: OSB only POC: Cathy Pauley 915.479.1060 by CVA



Just in Time for all the CA-CVA News!

**RENEW OR SUBSCRIBE TO
THE COMPASS FOR 2 ISSUES OF 2026**

The COMPASS is a quarterly publication of the California Volkssport Association (CVA).

Subscriptions are on a calendar year basis and prorated each quarter.

The donation for 2 issues is \$7.50, payable to CVA.

Name: _____
Address: _____
City, State & Zip code +4: _____
Phone: _____
Club: _____
Email: _____

Please check:

_____ New _____ Renew _____ Address Change

By May 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

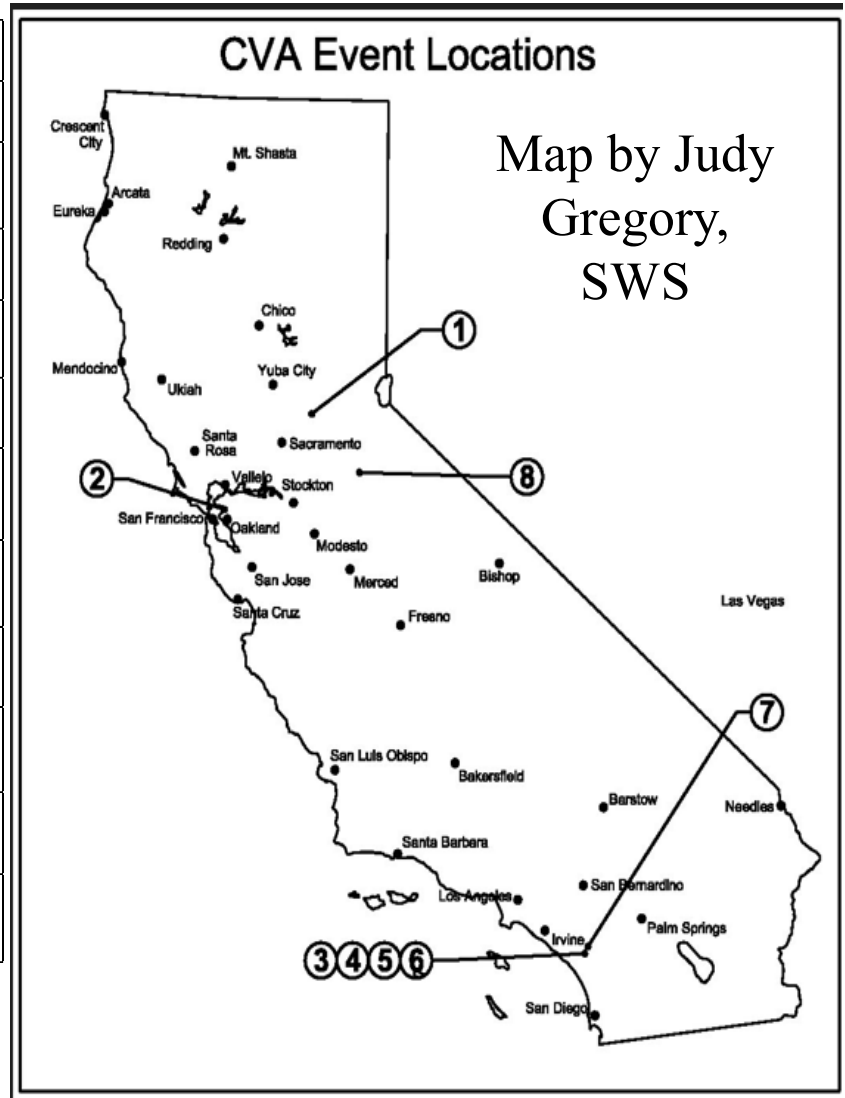
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California Volkssport Association
Suzi Glass, Editor
3315-1/2 Cherryland Ave.
Stockton, CA 95215

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2026 Events for the Second Quarter

	Date		Club	Location	Co.
1	04/18	W	PP	Auburn - American River Canyon Overlook	Pla
2	04/25	W	SFBB	Albany to Berkeley -- Strolling Solano Ave	Ala
3	04/26	W	LDR	Temecula - Earth Day at Vail Ranch	Riv
	05/10		All	Article Deadline for Q3 COMPASS	
	05/15		All	Subscription Deadline - for 2 COMPASS issues in 2026	
4	05/15-05/17	W	CCBB & LDR	Temecula - Old Town & Rose Garden	Riv
5	05/15-05/17	W	CCBB & LDR	Temecula - Duck Pond & 3 Ronalds	Riv
6	05/15-05/17	W	CCBB & LDR	Temecula - Historic Vail Ranch	Riv
7	05/15-05/17	W	CCBB & LDR	Murrieta -- Veterans' Memorial Park	Riv
8	06/20	W	DTT	Calaveras - Big Trees State Park	Cala



SEE YOU SOON...



2026

CVA Annual Convention



May 15-17, 2026

Hosted by
Low Desert Roadrunners & Central Coast Beach Boardwalkers



For more information, visit

<https://my.ava.org/find-an-event.php>

(Search by state - California)