

The *COMPASS*

A Publication of the *California Volkssport Association*

July

August

September

2026

CVA  **CONVENTION** WITH PLENTY OF:



FUN



FITNESS



FRIENDSHIP



and FOOD!



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



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CONTENTS, AVA VISION, MISSION & OFFICERS

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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.***

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COMPASS Article Deadlines

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

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Subscribe see Page 15



Ready to go? Start here!

We are..... an organization of walking clubs

located throughout California. Our members are individuals and families (and even some dogs!) who love to explore this beautiful state - on foot! We have 11 walking clubs offering more than 200 trails in California through cities, parks, beaches, forests, mountains, historic sites, and charming

town neighborhoods. Walks range from flat, paved trails that accommodate strollers and wheelchairs, to more challenging hikes up winding mountain trails. There's something for everyone.

California Volkssport Association (CVA) members are of all ages and capabilities and range from reformed "couch potatoes" and weekend warriors to avid hikers and former runners. We are friendly, non-competitive, family-oriented, and united in our love of the outdoors. In California, our focus is on walking and hiking, but we also participate in biking, cross-country skiing, swimming and even kayaking!

Volkssporting ("people sports") originated in Germany and was imported to the US 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 was held in Temecula in May.

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

CCBB: Central Coast Beach Boardwalkers Ty Fredriks 805.937.3800 847 Blake Street Santa Maria, CA 93455-4956 ty@beachboardwalkers.org	DTT: Delta Tule Trekkers Cathy Pauley 915.479.1060 3315-1/2 Cherryland Ave. Stockton, CA 95215 president@deltatuletrekkers.org	LDR: Low Desert Roadrunners Kathy Bundy 951.218.3755 P.O. Box 416 Wildomar, CA 92595 bunznkatz7@gmail.com
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	VVV: Vaca Valley Volks Tom Smith 707.628.9808 848 Stonegate Court Vacaville, CA 95687 smithkey78@gmail.com	

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COMPASS SUBSCRIPTION DEADLINES

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
Subscribe by May 15th for 2 issues in 2027

Message from the Former CVA Prez, Cathy Pauley:

I have officially finished my two terms as President of CVA. It ended at a great convention in Murrieta. A huge thank you to Jo Billman for all the hard work she did in the organizational portion of the convention including the meeting room, registration and walk maps. She received a regional Commendable Service Award for her hard work.

I want to recognize the rest of the convention committee as well. Kathy Bundy and Ty Fredriks are presidents of the two host clubs—Low Desert Roadrunners and Central Coast Beach Boardwalkers, respectively. The committee also included KC Schaefer, Theresa Peppers, Kathy Cole, Pat Johnston, and Vicki Clawson. There were many volunteers who helped out during the convention as well!

The four convention walks were lovely and featured historical facts, beautiful scenery, roses, ducks and turtles and perfect weather.

Barbara Nuss and I were both presented the AVA regional Meritorious Service Award, and it was an honor to receive the award next to a great legend! We recognized Shelley Anderson, who is the hard worker behind publishing *The COMPASS*, with a Commendable Service Award as well.

The most exciting news for me at the convention, however, was the vote for our new California Volkssport Association President, Ron Sponaugle, a member of the CCBB and long-time Volkssporter. He shared his background at the business meeting, and I know he will be a great president. He is a very funny jokester, too! Ron will be writing his first article in the 4th Quarter of *The COMPASS*. You can contact him at cvapresident@cva4u.org.

A big thank you to all who stepped up as officers for the next two years. Voted in are President Ron Sponaugle (CCBB), Vice President North Paul Robb (SWS), Vice President South-Central Charlotte Henshaw (SFBB), Treasurer Diane Gomes (DTT), and Secretary Cathy Pauley (DTT).

I want to remind clubs that CVA has funds for marketing. Each club can request up to \$200 per year for marketing aids (business cards, banners, advertising, et.al.) Submit your request to the President and the SEC will then vote on approval.

Clubs should be renewing their year-round and seasonal walks starting July 1 as well.

Finally, I want to thank everyone who contributed to the CVA Necrology book. DTT has the book currently and will pass it on to another club at the Big Trees walk on June 20.

This photo: While I was still serving as president, this photo was taken on Friday during the Old Town Murrieta walk, which included the Memorial Garden honoring members of the Armed Forces and police officers.

Your former Prez, Cathy



PARD Report

Summer greetings to everyone,

This is the season we get busy, and some fun walks follow in this publication. They will help you plan your next 3 months!



Remember the San Francisco Bay Bandits club 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 walk is a pre-registration walk. **PLEASE BE SURE TO PRE REGISTER.**

Speaking of anniversaries, at the CVA Convention in Temecula, we celebrated the following milestone anniversaries: Sonoma County Stompers 35th, Placer Pacers 35th, South Bay Striders 40th, Vaca Valley Volks 40th, and Las Vegas High Rollers and Strollers 40th. Congratulations!!



L-R Holly, Marilyn Nasi, SCS, Judy Gordon for PP



L-R Holly, Brenda Harris, LVHR&S, Chris Zegelin, SBS, Tom Smith, VVV

Many kudos to Kathy Bundy and her club, the Low Desert Roadrunners, Ty Frederiks and his club, the Central Coast Beach Boardwalkers, for a terrific convention in Temecula. These conventions take a ton of effort, organization, and money to sponsor. I feel it is vital for us to keep getting together as a state to walk and talk. It is what keeps us alive and keeps our clubs thriving. I look forward to next year's CVA Convention in the Tahoe area!

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.

50 Works of Art for 50 Years of Walking

Friday, July 24th



& Saturday, July 25th

Sponsor: San Francisco Bay Bandits

Sanction: #132013-2026

LOCATION: Embarcadero Plaza,
Market St & Steuart St, San Francisco, CA 94105

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

DISTANCES, TRAIL RATINGS: 11K & 6K-1A

No hills & little stair climbing, entirely on pavement.

FEES: \$4.00. 1st time walkers with no credit & children under 12 are free. \$2 for Guests.

DIRECTIONS: GPS: 250 Clay St (Golden Gateway Garage), \$10/Sat. \$8 per hr. Fri. (options: spothero.com) Exit bldg. on Clay St & walk left ~2 blocks to Plaza on right. **Fr East:** Bay Bridge, take right-side Fremont St exit 2C & left onto Fremont. Cross Market (now on Front St), right on Clay, immediate left into garage. **Fr South:** 101N take exit 430A for 280N. In 3 ¼ miles continue King St. In ~2 miles turn left on Washington, then left on Battery, left on Clay, and quick left into garage. **Fr North:** GG Bridge, exit 437 (Presidio/Marina Blvd), either lane to turn left on Girard Rd. In 1.3 miles left on Bay St; at end, right on Embarcadero. Right on Washington, left on Battery, left on Clay, and quick left into garage. **BART:** Exit Embarcadero Station & walk towards Ferry Bldg: turn left into Plaza. **FERRY:** Ferry to SF Ferry Bldg, exit, cross The Embarcadero & stay right to enter Plaza. **Fr CALTRAIN:** Muni N train ("Ocean Beach") @ King St & 4th St. Exit Embarcadero Station & walk towards Ferry Bldg: turn left into Plaza.

SPECIAL PROGRAMS: AH, Par, R-to-T, Step, USA, Vet, Walk Wild

CONTACT: Mary Bond at bondsf@gmail.com
or (415) 336-0609

MISCELLANEOUS: Restrooms and water in Ferry Bldg and along route. NO pets. Routes Medium for wheelchairs & strollers. **11K requires fare for 2 Muni (city bus) rides.** Clipper Card or exact change with cash, 19 - 64 yrs \$3, 65+ \$1.50. Tap credit/debit card will be the \$3 fare; each person must have his/her own card.

DESCRIPTION: SF has art from the Living New Deal era, the 1986 1% & 2% For Art mandate for new construction, the recent Big Art Loop pieces from Burning Man and more. Installed in plazas, on buildings, in lobbies, in gardens, some are immediately awe-inspiring, some take time to appreciate, some may excite you, and some may leave you cold. This is an outdoor museum, and the city is the gallery. PLEASE NOTE that lobbies are open Friday, but closed Saturday. Walkers can view indoor art through windows. Artistically, the view of a 1920's 'skyscraper' situated in the same frame as a 21st century high-rise can be as eye-catching as are stunning reflections in the mirrored sides of a building. For a unique SF experience, 11K walkers will take a short bus ride to the Civic Center to see art scattered around iconic city buildings. Put on your French beret, substitute your camera for your palette, and have an artistic walking experience!

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DISCLAIMER OF LIABILITY

In consideration of being allowed to participate in any way in AIA volunteer programs and related events and activities, the undersigned:

1. Agrees that before or during my participation, if I believe anything is unsafe, I will immediately advise the event supervisor or other person in authority of the volunteer program and the related events and activities of such conditions and refuse to participate;
2. Acknowledges and fully understands that each participant will be engaging in activities that involve the risk of serious injury, including permanent disability and death and severe social and economic losses which might result not only from my own actions, inactions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
3. Assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death;
4. Release, waive, discharge and promise not to sue the American Volkssport Association, its affiliated clubs, their respective administrators, directors, agents, or other volunteers and employees of the organization, other participants, sponsoring agencies, sponsors, advertisers and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise;
5. Members, please be aware that when you share photos, via digital image or otherwise, with AIA, such photos or images become the property of AIA And AIA, its legal representatives and assigns, retain the right and permission to publish, any such photo or image in any written or electronic publication, including Checkpoint or TAV, on social media, websites, or in audiovisual presentations, promotional literature, advertising or in similar ways.

Signature _____

Date _____

PRE-REGISTRATION FORM - 50 Works of Art for 50 Years of Walking

Name(s):	Phone #:
Address:	Email:
City:	State: Zip:
Event Location: San Francisco, CA	Date: July 24____ or July 25____, 2026
Number of Walkers:	X \$4 =
	Credit _____ No Credit _____
Payment by Zelle: to sfbaybandits@aol.com	Mail this form and date of Zelle transfer to: Mary Bond, 1737 Chestnut St, #8, San Francisco, CA 94123 (bondsf@gmail.com)
Payment by check: payable to San Francisco Bay Bandits and mail by July 15, 2026	Mail this form and check to: Mary Bond, 1737 Chestnut St, #8, San Francisco, CA 94123 (bondsf@gmail.com)



Ty Is Retiring!

Let's Walk-elebrate!

August 1, 26 9:00 am

Games, Activities, and a Gift Sack.
Only \$5 fee, includes walk credit.

Sanction: #131831-2026

Start Location: Orcutt Academy High School,
610 Pinal Ave, Orcutt CA 93455

Start: 9:00 am art, 10:00 walk. **Finish** by 2:00 p.m.

Trail Ratings: 1A **Distances:** 5.5k, 10.5k

Special Programs: AH, Par, Step,

Ty Fredriks, the president of the CCBB, is finishing up his public education career with a retirement walk instead of a party ... LET'S WALK-ELEBRATE! We are walking from his old job to his new job with the brand-new Planes of Fame Air Museum at the Santa Maria Airport (exactly 5K away ... how convenient!!). Like Suzi's and Ginger's big birthday walks, there will be a gift pack full of games and activities to make this a memorable event!

Miscellaneous: These paved routes are okay for strollers and wheelchairs; dogs are allowed with leash and cleanup. Restrooms and water are at start/finish. Shuttle transportation will be provided back to start for 5.5K or walk back for 10.5K (different route thru nice homes).
Contact: Ty Fredriks 805.937.3800

IMPORTANT: Only 75 gift bags are being made: you must pre-register to ensure you receive one. Scan the QR code below, or go to <https://bit.ly/TysRetirementWalk> to sign up. Payment will be collected when you check in. Please no retirement gifts for Ty, or consider a donation to the CCBB or CVA, if you are so inclined :)

Description: This highly engaging and interactive walk will be memorable for sure! The walk has few highlights, but the activities will make the day!

Fees: All walkers pay \$5.00; IVV credit is included. Inability to pay will not exclude you from participating (see Ty!)

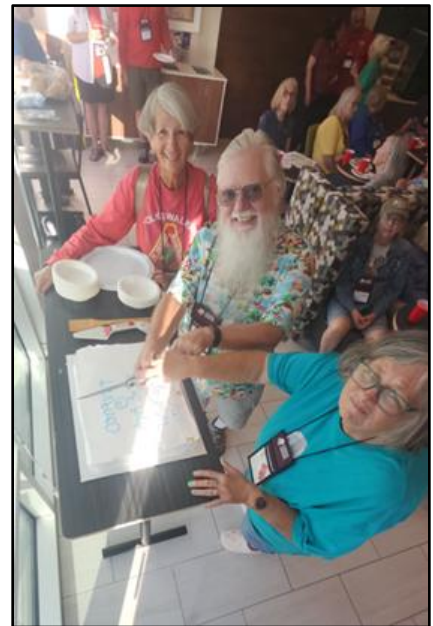
Directions: OAHS, 610 Pinal Ave, Orcutt CA 93455. Highway 101: Take exit 164 Clark Ave. Head West (toward residential area) for 2.3 miles to Norris St (1st left past underpass). Left for 2 blocks to Pinal. Right on Pinal to the first driveway on the left.
Google Search: OAHS, 610 Pinal



TEMECULA



Thank you Convention Hosts:
Kathy Bundy, LDR & Ty Fredriks, CCBB



Club and AVA Anniversary Cake, Carl Cordes-AVA Chair

CONVENTION



2026
CVA Annual
Convention



Beautiful trails including the Duck Pond Walk.



Numerous Awards earned by individuals including Meritorious Service Awards to Barbara Nuss and Cathy Pauley.



Tahoe Trail Trekkers
invite you to

**A BEACH TO
CASINOS
STROLL**

August 8, 2026

Sanction: #132033-2026

Start Location: Nevada Beach & Campground
416 Bittlers Rd, Zephyr Cove, NV 89448

Start: 9am to 12pm **Finish:** 3pm

Distances: 5K and 10K **Trail Rating:** 1B

Fees: \$4.00 all walkers **Parking:** \$12 per car*

Special Programs: 5K:50 St-NV, USA-S, 10K:
PAR,50 St-CA, USA-S

Description: Enjoy nature with a relaxing walk thru woods and meadows. With the 10k, join the bustle of casinos, shops and eateries in Stateline. Trail is asphalt, except for a short distance on dirt. Mostly level with short, slight hills. Strollers and wheelchairs may stay on asphalt all the way. Paved sidewalks in town.

Miscellaneous: Restrooms and water at start & along route. Recommend 5k for strollers & wheelchairs. Dogs ok on leash with pickup but not on the beach. (Dogs are allowed in boat-in area and in campground.) Please wear a hat, use sunscreen and carry water.

Directions: From I-80 Eastbound exit #185/Hwy 89/Lake Tahoe for approx. 42 miles. Then turn LEFT onto Hwy 50. After passing the casinos, watch for Elks Point Rd. (traffic light) and turn LEFT to the beach. From Hwy 50 Eastbound, after passing the casinos watch for Elks Point Rd. (traffic light) and turn LEFT to the beach.

***Suggestion to save money** -- turn RIGHT on Elks Point Rd then LEFT into Round Hill Shopping Center to meet your friends and carpool to the beach. OR you can walk to the beach by walking down the left side of Elks Point Rd. and picking up a feeder trail just past Dorla Ct. Stay straight, not making any turns until you reach the white striped crosswalk. Look for the start table. You'll get 1 extra K added to your distance book.

Contact: Judy Gordon cell: 775-843-4503
email: renojaq775@gmail.com

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The Delta Tule Trekkers Invite you to walk
LODI LAKE TO WOODBRIDGE

Sanction: #132029-2026

September 12, 2026

Registration/Start Location: Lodi Lake Park,
 1101 W. Turner Rd, Lodi CA 95242

Start time: 8:30 a.m. to noon.

Finish and check in before 3:00 p.m.

Distances: 5k and 10k

Trail Ratings: 10K 1A (1B along park trails) 5K 1A.

Fee: Credit only \$4.00

Parking: \$10 nonresidents; \$8 residents (limited
 Free street parking around the lake)

Special Programs: Par, R to T, Walk USA-Z.

Description: A beautiful walk on paved and dirt trails through the Lodi Lake Nature Area, residential streets and a park in Woodbridge, passing by many interesting and historical sites along the route.

Miscellaneous: Water and restrooms available at the start and along the route. Wheelchairs and strollers advised doing the 5k. Dogs are welcome on the walk, but are not allowed on the Lodi Lake Nature Trail.

Contact: Joan Sykes, (412) 337-2538,
 or e-mail: president@deltatuletrekkers.com.

Directions: Directions: Follow Hwy. 99 North or South to Lodi Exit #267-A. Exit toward WEST, on W. Turner Rd. Follow approx. 2 miles to Lodi Lake Park on the RIGHT. Look for **Delta Tule Trekkers' WALK sign** next to restrooms.

From I-5, North or South, take exit #487, W. Turner Rd. Exit and Follow W. Turner Rd. EAST six miles to N. Loma St. Lodi Lake Park on left side of street.

WEBSITES

AVA: www.AVA.org

myAVA.org - personal account, OSB

CVA: www.cva4u.org

IVV: ivv-web.org

California Club Websites

CCBB: www.beachboardwalkers.org

DTT: www.DeltaTuleTrekkers.org

LDR:

www.LowDesertRoadrunners.org

PP: www.PlacerPacers.org

SBS: www.SBStriders.org

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

SWS:

www.SacramentoWalkingSticks.org

TTT: [www.facebook.com/
 TahoeTrailTrekkers](http://www.facebook.com/TahoeTrailTrekkers)

VVV: www.VacaVolks.org

**** REMINDER: 8/10 - Deadline for 4th Q 2026 COMPASS Articles ****

**** DEADLINE: 8/15 - SUBSCRIBE for last COMPASS issue in 2026 ****



Look Who's Walking!

The March issue of The American Wanderer (TAW) listed the following EVENT milestones of California walkers. Please acknowledge them on the trail!

Name	# of Events
Craig Wirth	600 Events
Jane Wirth	600 Events



Who's Walking?

The March TAW showed NO mention of California walkers' DISTANCE achievements.

Let's turn in those books!

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.



Walk on International Talk Like a Pirate Day!

Sacramento, CA

September 19

Sanction: #132032-2026



SPONSOR: *Sacramento Walking Sticks*

SPECIAL PROGRAMS: 50St,
51 Cap

LOCATION: **Joe's Crab Shack**
1210 Front St., Sacramento, CA 95814

START TIME: 9am to noon

FINISH TIME: Not later than 3pm.

DISTANCE: 5K (3.1 miles) or 10K (6.2 miles)

TRAIL RATING & DESCRIPTION: **1A** Walk around downtown Sacramento, Old Sac, and along the river in search of plunder. Grab yer parrot, lower yer eye patch, and strap on yer peg leg to help ye talk like a pirate!

FEE: Credit \$4.00. Non-credit \$2.00

MISCELLANEOUS: Restrooms and water will be available at the start. The route will be suitable for strollers, but difficult for wheelchairs. Dogs on leash are welcome.

CONTACT: Admiral Bowsprit Barbara
916.283.4650, suki2010@mycci.net

DIRECTIONS: From I-5: Exit 519B to J St. Sharp right onto 3rd St. Turn right onto Capitol Mall. Turn right onto Front St/ Neasham Circle.

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Come join the Vaca Valley Volks for our

40th Anniversary Historic

Vacaville Walk

A Top Ten U.S. Livable Small City (2018)

September 26, 2026

Sanction: #132063-2026

START: Digger's Deli, 876 Alamo Drive,
Vacaville, California 95688

START TIME 9-11am **FINISH** by 3pm

DISTANCES: 5K & 10K **RATING:** 1A

TRAIL DESCRIPTION: Join us in celebrating our 40th anniversary by walking one of our original and favorite routes through historic Vacaville. Walk the streets where old U.S. 40 ran. The 10K will take you by beautiful homes from the 1800's. See murals and sculptures including 3 walls in front of the Civic Center telling the city's rich history.

MISCELLANEOUS: Restrooms and water available at the start/finish. Pets okay on leash with clean-up. Strollers and wheelchairs should have little difficulty.

Fees: \$4. 1st time walkers free as are children under 12 without credit.

SPECIAL PROGRAMS: AH, Step, Vet

Contact: Tom Smith, (707) 628-9808
Smithkey78@gmail.com

DIRECTIONS: From E(I-80 from Sacramento) exit Alamo. Left on Alamo at traffic light. Left to Alamo Plaza Shopping Center - Digger's Deli is in the far-left corner. From W(I-80 from SF) exit Alamo/Merchant. Stay left to go under Alamo. Merge on Alamo and go through stop light - Alamo Plaza Shopping Center is on your left. Digger's Deli is in the far-left corner.

**2026 Year-Round & Seasonal Event Changes Since the
COMPASS Q2 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 are underlined.

Carmichael - Co: SAC - walk Hidden Parks (Y2418), start remote registration only, POC Myrna Jackson 916.481.6714 mjackso1940@yahoo.com by SWS

Carson Pass- Co: Alp - walk Pacific Crest Trail (Y3837)
seasonal walk 06/01/26-10/31/26 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

Donner Pass - Co: Nev - walk Pacific Crest Trail (Y3838)
seasonal walk 06/01/26-11/22/26 start OSB only POC: Cathy Pauley 915.479.1060 by CVA

Downieville - Co: Sierra - seasonal walk 05/01/26-12/31/26
walk Dave's Partial County Seat Challenge (Y3861) start: online registration only: <https://SaguaroSunStriders.org/store> POC: Frank Sayers, 480.689.8841 by SSS.

San Diego - Co: SD - walk Old Town (Y1426) start: OSB only.
POC: Maureen Carlson 209.227.5319 by LDR

San Jose - Co: SClar - walk Murals, Historic Downtown, Japantown start OSB only, POC: Suzi Glass 408.592.3935 by SBS

West Sacramento - Co: Yolo - River Walk (Y0545) start: Arthur F. Turner Community Library, 1212 Merkley Ave., West Sacramento, CA 95691, POC: Susan Martimo 916.705.9599 by SWS Closed Sundays

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



Just in Time for all the CA-CVA News!

**RENEW OR SUBSCRIBE TO
THE COMPASS FOR THE LAST ISSUE 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 the last issue is \$3.75, payable to CVA.

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By August 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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2026 Traditional Events for the Third Quarter

	Date		Club	Location	Co.
1	7/24 & 7/25	W	SFBB	San Francisco- 50 Works of Art for 50 Years of Walking	SF
2	8/01	W	CCBB	Orcutt- Ty's Retirement Walk-elebrate	SB
3	8/08	W	TTT	Zephyr Cove, NV -A Beach to Casinos Stroll	Douglas
	8/10		All	Article Deadline for Q4 <i>COMPASS</i>	
	8/15		All	Subscription Deadline for last 2026 <i>COMPASS</i>	
4	9/12	W	DTT	Lodi- Lodi Lake to Woodbridge	SJ
5	9/19	W	SWS	Sacramento- Talk Like A Pirate Day Walk	Sac
6	9/26	W	VVV	Vacaville- Historic Vacaville, VVV's 40th Anniversary Walk	Sol

CVA Event Locations

