

# *The* *COMPASS*

A Publication of the *California Volkssport Association*

*January*

*February*

*March*

*2022*



## Meet the 2021 CVA Convention Team

(left to right) **Barbara Nuss, Tammi Kerch, Gale Hughart, Steve Hughart, Zori Friedrich, Judy Gregory** (not pictured)

***Our thanks to you and all the other volunteers for a SUPER CONVENTION!***



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



**Renew**



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San Antonio, TX 78210  
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<u>COMPASS Article Deadlines</u>
<b>February 10</b> for April, May & June events
<b>May 10</b> for July, August & September
<b>August 10</b> for Oct., Nov. & Dec. events
<b>November 10</b> for Jan., Feb. & March events
send to
Suzi Glass: glass2walk@gmail.com



***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.***

**Renew**

**Subscribe see Page 6**



## ***New Walkers, New Year, New Start!***

### **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 13 walking clubs offering more than 200 trails in California through cities, parks, beaches, forests, mountains, historic sites, and charming town neighborhoods. Walks range from flat, paved trails that accommodate strollers and wheelchairs, to more challenging hikes up winding mountain trails. There's something for everyone.

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

Volkssporting ("people sports") originated in Germany, and was imported to the US more than 40 years ago by members of the US Military. CVA is part of the US national organization, the American Volkssport Association (AVA), which is part of the international organization, IVV. We are one big happy family of walkers located all over the world!

Walks are typically 5k (3.1 miles) or 10k (6.2 miles). Some walks, "Year-Round Events," 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 2021, the location is scheduled to be in the Carmichael/Folsom area.

Research shows that walking is one of the easiest and best ways to achieve good health – both physically and mentally. It's low cost, easily accessible, and requires minimal equipment (well-fitting shoes, a hat, water, and sunscreen are what we recommend). What are you waiting for?

Hope to see you on the trail!

*"Walking is man's best medicine." - Hippocrates*

### **How to get started.....**

This magazine lists the Traditional Events where people will be present to welcome and guide you.

1. Look through this magazine to find an event in your area.
2. Check with the event contact if you want additional information.
3. Be sure to bring along water, a hat, a snack, sunscreen, and a mask.
4. Arrive at the start table within the designated "start times" (in the event description).
5. Tell the start table volunteers that you are a new walker, and they will help you from there.
6. Ask questions, make new friends, enjoy the fresh air and scenery, and have fun!

### **Where to learn more.....**

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



## 2022 CVA CONTACTS: California Clubs & CVA Officers

<p><b>CB:</b> Coronado Beachcombers Herman Husbands 619-287-0560 6375 Elmhurst Drive San Diego, CA 92120-3957 eagleherm@aol.com</p>	<p><b>CCBB:</b> Central Coast Beach Boardwalkers Ty Fredriks (805) 937-3800 847 Blake Street, Santa Maria, CA 93455-4956 ty@beachboardwalkers.org</p>	<p><b>DTT:</b> Delta Tule Trekkers Cathy Pauley 915-479-1060 3315-1/2 Cherryland Ave. Stockton, CA 95215 president@deltatuletrekkers.org</p>
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	<h1 style="margin: 0;">Happy New Year!</h1>	
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<p><b>COMPASS SUBSCRIPTION DEADLINES</b>  <b>Subscribe by February 15th for 3 issues in 2022</b>            Subscribe by May 15th for 2 issues in 2022            Subscribe by August 15th for the final issue in 2022            Subscribe by November 15th for all 4 issues in 2023</p>		<p><b>Webmaster:</b> Judy Gregory 916-539-0833 3356 Balada Way Rancho Cordova, CA 95670 californiavolks2019@gmail.com</p>

## Message from the Prez, Betsy McDevitt

Hi Folks,

It was so great to see you at our CVA Convention on Oct. 1-3, 2021! I'm very grateful to the Sacramento Walking Sticks for stepping up and putting on our first in-person convention in 2 years. The Sticks had 3 great walks, a meet and greet, lunch, annual meeting, and dinner. It felt like the "before times". Thank you SWS for all your efforts on our behalf!

The CVA Officer Elections will happen at our next CVA meeting on May 14. Thank you to the Nominating Committee of Priscilla Fife, (Committee Chair) from SFBB, Kathy Bundy from LDR, and Paul Robb from SWS! All 3 of our regions are represented. The Nominating Committee may approach you to run for office. Please say yes! You can also volunteer to them. The Offices are: President, V.P. North, V.P. Central, V.P. South, Secretary, and Treasurer. The current President, V.P. Central, Secretary, and Treasurer will have served two 2-year terms by May 2022. V.P.s North and South may run for a second term. Per our Constitution, the Nominating Committee candidates will be reported "to the Member Clubs at least thirty (30) days prior to the annual meeting."

The Compass Committee met on November 10, 2021, via Zoom. Thank you for volunteering your time; Bruce McDevitt, Suzi Glass, Steve Hughart, Chris Zeglin, Priscilla Fife, Marilyn Nasi, Beverly Bales, and our host, Cathy Pauley! The SEC reviewed their recommendation and voted to move forward with it. You will find the Committee's entire recommendation on the next page. Section #1 was revised by committee members after the meeting and voted for by the SEC. CVA will charge the SBS \$5.00 (instead of \$10.00) for event sanction fees. Key for me is their idea to help ".... The Compass, reach more people and improve CVA's efforts to promote Volkssporting."

Unfortunately, we have lost another club. The Shasta Sundial Strollers was California's northern-most club for 15 years! Thank you, Cynthia Turbin, Debbie Thomas, and the Strollers for your fun Extravaganzas, campouts, et al. We are sorry to lose this club.

The Central Coast Beach Boardwalkers will host our CVA Convention in San Luis Obispo on May 13, 14, 15, 2022. They are also planning to have a bonus walk on May 12! Please see CCBB's "Save the Date" article elsewhere in this Compass.

Happy New Year to All!

Your Prez, Betsy



# The Compass Committee Report



On November 10, 2021 The Compass Committee had a Zoom meeting to discuss the future of The Compass. The group of Suzi Glass, Steve Hughart, Chris Zeglin, Priscilla Fife, Marilyn Nasi, Beverly Bales, myself, and our host Cathy Pauley, discussed ways to have CVA's publication The Compass, reach more people and improve CVA's efforts to promote Volkssporting. This time, the group looked at various options and came up with the following recommendation to give to the SEC for approval, rejection, or modification. The committee concluded:

1. Continue printing The Compass and mail issues to its subscribers and the CVA clubs with one exception. CVA will not charge sanction fees to the South Bay Striders and therefore they will receive no copies of The Compass.
2. The Compass will be sent to the CVA Webmaster in PDF to be available for the public to download for free.
3. The South Bay Striders, as a pilot program, will print their own copies taken from the CVA Website.
4. The Compass subscribers will be sent an email notifying them that The Compass will be available for download from the CVA Website and if they no longer wish to receive a hard copy of it in the regular mail, they can receive a refund. Otherwise they may continue to receive their issues of The Compass for all of 2022.
5. Chris Zeglin volunteered to create a brochure that will advertise upcoming walks within a given quarter. This can be reached by opening a link that will be on the CVA Website. He said this wouldn't be ready until the 2nd quarter Compass issue for April, May, & June. This will be an experiment that may, in the future, replace The Compass as we know it.

To the best of my knowledge, these were our conclusions.

Thanks again for helping promote our sport,

Bruce McDevitt

*(The Compass Committee Chair)*

## The COMPASS Subscribe or Renew for The rest of 2022

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 next 3 issues of \$11.25, payable to CVA, is due by February 15<sup>th</sup> to ensure the continuation or start of your subscription. Please fill in the form:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State & Zip code +4 \_\_\_\_\_

Phone: \_\_\_\_\_ Club: \_\_\_\_\_

Email: \_\_\_\_\_

Please check:  New  Renew  
 Address change

**By February 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 at 530.756.4919 or email her at [jeanb@dcn.org](mailto:jeanb@dcn.org)

Thank you!



# GENERAL INFORMATION

All activities of the American Volkssport Association shall be carried on to be responsive to the needs of all persons, without regard to race, religion, sex, age, national or cultural origin, place of residence, economic circumstance, lifestyle or social status. Events are open to everyone.

**IVV/AVA SANCTIONS:** All events in The COMPASS are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV).

**IVV RECORD BOOKS:** IVV issues special awards for participants who complete specified milestones (10, 30, 50, etc. events and/or 500, 1000, 1500 km, etc.). Those who wish to receive awards for completing these milestones record them in official IVV record books which are submitted to AVA when each milestone is reached. These official IVV books may be purchased at the Start/Finish for \$6.00 each. New Walker Packets containing both an Event and Distance book plus coupons for free walks and information about volkssporting are also available for \$5.00.

**REGISTRATION AND FEES:** All participants must register for each event. Participants who wish to receive IVV credit for an event and record the event in an official IVV record book will be charged a registration fee of no more than \$3.00. An event may also have a special award available for an additional fee to those who have completed the course. **Awards will not be sold outright.**

If there are not enough awards available on the day of the event, the sponsoring club may choose to reorder additional awards to be mailed to those who paid the appropriate fee. **Pay close attention to the event advertisement.** Sponsors may advertise that only a specified number of awards will be available and that **no** reorders will be made.

Where pre-registration is offered, participants are encouraged to pre-register as instructed in the event advertisement or flyer. **No refunds will be made to pre-registered persons who do not participate.**

**PROCEDURES:** At the event start, each participant will receive a start card which must be filled out with the person's name and address. Participants who do not wish to receive IVV credit and are walking for free must also fill out a start card. **In addition to a start card, each participant must also sign a waiver.**

This card must be carried during the event and personally presented at the checkpoints along the route. **All cards** remain the property of the sponsoring club and **must be turned in at the completion of the event**, whether or not the participant receives IVV credit or an award.

**DISCLAIMER:** The American Volkssport Association and its officers, members, and agents shall not be liable or responsible for, and shall be saved and held harmless for and against, any and all claims and damages to or loss of property arising out of or attributed to the operation of events conducted by the AVA. **Participants must sign a disclaimer (waiver) for all events. A parent or guardian must sign for those under 12 years old.**

**STIPULATIONS:** With registration for these events, the participant accepts the guidelines of the AVA and agrees to observe the principles of good sportsmanship and safety. Every participant must adhere to the directions of the control personnel. Littering is not permitted. Check each event advertisement or flyer to determine if the route is suitable for baby strollers and wheelchairs and if pets are permitted. **All events will take place regardless of weather conditions.**

**REFRESHMENTS:** Water will be available at the Start/Finish and control points. Other refreshments are often provided either at the Start/Finish or at the control points. It is a good idea to carry water, especially in warmer weather.

**YEAR-ROUND/SEASONAL EVENTS:** Registration materials for Year-Round/Seasonal Events will include instructions for remitting the IVV credit fee and the fee for the award, if one is available, to the sponsoring club. You may participate for free if no award or credit is desired. All participants, including those walking for free, must register and sign the waiver form for each event. You may only have one **Event** credit per day. You may participate in an event without limit for **Distance** credit, but you must obtain a new start card (and pay the registration fee of no more than \$3.00) each time you participate except when completing the course twice in one day.



Walk with the *Sacramento Walking Sticks*

**2022 New Year's Day**

Sacramento, CA - January 1, 2022

Sanction #PA22/120302

**LOCATION:** California Automobile Museum  
2200 Front Street, Sacramento, CA 95818-1106

**START:** 9am to Noon **Finish** no later than 3pm

**DISTANCES:** 5k (3.1 miles) or 10k (6.2 miles)

**TRAIL RATING & DESCRIPTION:** Rated: 1A. Walk parts of downtown Sacramento, Old Sac and along the river.

**AWARD:** None. **Credit** only is \$3.00. If no credit is desired, you may participate for free.

**MISCELLANEOUS:** Restrooms and water are available at the start. The route is suitable for strollers but difficult for wheelchairs. Dogs on leash, with clean-up, are welcome.

**SPECIAL PROGRAMS:** LFL, USA, WwW, 50St, 51Cap.

**CONTACT:** Barbara Nuss (916) 283-4650  
[nussb@surewest.net](mailto:nussb@surewest.net)

**DIRECTIONS:** From the east: From US 50 take the 10<sup>th</sup> St exit. Merge onto W St. Left at 6th St. Right at Broadway. Right at Front St. Museum on the left. **From the west:** From US 50 take the 5th St exit. Right on 5th St. Right at Broadway. Right at Front St. Museum on the left. **From the north:** From I-5 take the US 50 eastbound exit. Keep right and take the X St exit. Right on 3rd St. Right at Broadway. Right at Front St. Museum on left. **From the south:** From I-5 take the US 50 eastbound exit. Take the Broadway exit. Left onto Broadway. Right at Front St. Museum on the left.



# 2022 Special Event Programs

Special Event Programs are sponsored by different clubs to increase your awareness during your walking experience and to partner with community and national organizations (Rails to Trails, National Military & Veterans Association, etc.).

Program completers receive an award. Often this is a patch, pin or other memento for participants' hat, backpack or scrapbook. The 15 Special Event Programs for 2022 include two new national ones, listed in **BOLD**, as well as *University Walkin'* for the Pacific Region states (AZ, CA, HI and NV) and a California program, *Walking with Woody*.

Note the abbreviations listed below in the Traditional Event descriptions here in *The COMPASS*. For Year Round and Seasonal Events, Special Programs are Found in the *Starting Point 2022* book and on the AVA web page under the 'Events' tab.

## 2022 SPECIAL EVENT PROGRAMS

Abbrev.	Name of Program	Ends
Air	Airports	2022
AT	Appalachian Trail	2028
BC	Border Crossings	2023
Car	Carousels Across America	2021
Clock	Rockin' Around the Clock	2022
GL	Great Lakes -- Great Fun, Great Fitness, Great Friendships	2023
LFL	Little Free Libraries	2021
R-to-T	Rails to Trails	2025
May	Mayflower 400th Anniversary	2022
TH/CH	Town Hall/City Hall	2024
<b>Univ</b>	<b>University Walkin' (Pacific Region)</b>	2024
USA	Walk USA A-Z	no end
Vet	Walking with America's Veterans	2023
WLO	Walk Like An Olympian	2022
<b>WwW</b>	<b>Walking with Woody (California)</b>	2023
50St	50 States	no end
51Cap	51 State Capitals	no end

For programs with ending dates of 2021, you may send in completed books and receive awards in 2022. Considering the COVID-19 restrictions from 2020, contact the POC to see if more time may be granted.



# 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.

**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.

### WEBSITES

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

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)

GVG: [www.greenvalleygaiters.org](http://www.greenvalleygaiters.org)

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

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

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

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

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

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

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

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

Walk It Off!!!

with the **LOW DESERT ROADRUNNERS**

## Temecula

Duck Pond & Veterans Memorial

January 15th, 2022

One Day Only

Sanction #PA22/121140



5K/11K routes

**Start Location & Times:** Temecula Duck Pond & Veterans Memorial, 28250 Ynez Road, Temecula, CA 92591.

Located on the corner of Rancho California & Ynez.

**Register** between 8 & 11am. **Finish** by 2pm.

**Trail Description: Rated: 1B.** Medium difficulty for wheelchairs but easy for strollers. Easy 5k walk towards Old Town Temecula then back to Veterans Memorial and Start/Finish. 11k starts same as 5k towards Old Town Temecula and then takes in the surrounding neighborhoods before returning to the Veterans Memorial.

**Awards & Fees:** Credit Only is \$3.00 or FREE for No Credit  
**Miscellaneous:** Restrooms and water at start and along route.

Pets okay on leash with clean-up.

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

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

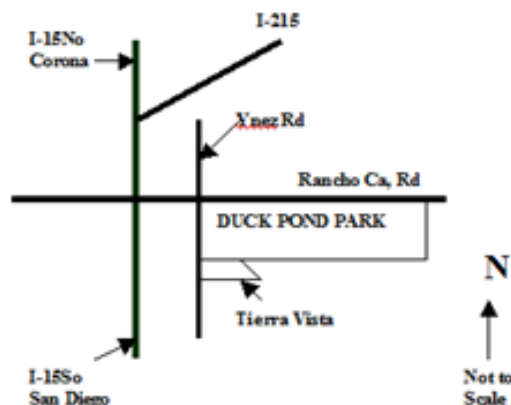
Or [bunznkatz7@gmail.com](mailto:bunznkatz7@gmail.com)

**Directions:** From Southbound I-15 take exit 59 Rancho California Rd. Turn Left THEN Right at the 2<sup>nd</sup> signal (Ynez) & then left at the next signal (Tierra Vista).

From Northbound I-15 North take exit 59 Rancho California Rd. Turn right to 2<sup>nd</sup> signal (Ynez). Left at next signal (Tierra Vista).

**LOOK FOR BANNER**

Parking is limited in this lot off Ynez Rd, so get there early



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Invite you to  
**Walk the Hills of Concord, CA**  
**Saturday, February 19, 2022**

Sanction #PA22/121216

START LOCATION: Pat's House  
 5365 Grasswood Circle, Concord, CA 94521  
 START: 9:00 am to 12 noon FINISH: 3:30 pm

DISTANCES: 5 km and 10 km

TRAIL RATING: 2B - Some moderate hill climbing on pavement and well-groomed trails. Not suitable for wheelchairs or strollers

FEE: \$3.00 for IVV credit and non-IVV. New walkers Free. Donations appreciated.

MISCELLANEOUS: Restrooms and water are available at the start (masks required) and along the route. Dogs on leash welcome with clean-up. Best parking for the event is along Discovery Way.

SPECIAL PROGRAMS: Univ; Vet; WwW

DESCRIPTION: Walk the hills of Clayton Valley Highlands in Concord along Galindo Creek through CSU East Bay campus to Newhall Community Park and the Veterans Memorial.

CONTACT: Pat Thomas at 925-405-7398  
 email: [concordpat@yahoo.com](mailto:concordpat@yahoo.com)  
[sfbaybandits@aol.com](mailto:sfbaybandits@aol.com)

DIRECTIONS: From I-80 W: Take Exit 40 onto 680 S toward Benicia/San Jose. Take exit 51 toward Willow Pass Rd/Taylor Blvd. Turn Left onto Willow Pass Rd. Right onto Gateway Blvd. Left onto Cowell Rd. Left onto Ygnacio Valley Rd. Right onto Pine Hollow Rd. Right onto Discovery Way. Left onto Grasswood Cir. From I-680 N: Take exit 46B for Ygnacio Valley Rd. Turn right onto Ygnacio Valley Rd. Right onto Pine Hollow Rd. Right onto Discovery Way. Left onto Grasswood Cir.

\*\* REMINDER: 2/10 - Deadline for 2nd Q 2022 COMPASS Articles \*\*

\*\* DEADLINE: 2/15 - SUBSCRIBE TO THE COMPASS FOR 3 issues in 2022 \*\*



## LOOK WHO'S WALKING

The December, 2021 edition of *The American Wanderer* reported the following walkers' number of completed Events. Note their achievements when you find them on the trails.

Name	Total Events
Amul Purohit	100 Events
Parul Purohit	150 Events
Marguerite Chatigny	275 Events
Mark Chatigny	275 Events
Zori Friedrich	375 Events
Thesera Ihara	500 Events
Craig Wirth	575 Events
Jane Wirth	575 Events
Raymond McKelvin	650 Events
Dana Beales	1,350 Events
Jill Simmons	2,800 Events

## LOOK WHO'S WALKING

The latest *Wanderer* issue also listed those walkers with mileage milestones. They deserve your high five when you encounter them!

Name	Distance
Parul Purohit	1,500 km
Zori Friedrich	3,000 km
Bob Gley	4,000 km
Thesera Ihara	5,000 km

In AVA - America's Walking Club, the Pacific Region consists of 4 states: Arizona, California, Hawaii & Nevada. The 1<sup>st</sup> Quarter Walks in states other than California are listed below. Enjoy these walks when traveling these states and/or completing the University Walkin' Program, especially Summa Cum Laude level.

Around the Pacific Region			
Date	Event	Club	Location/Name
01/29	W	TVK	Tucson, AZ - Tucson Mountain Park
02/18 through 02/21	W	MM	Honolulu, HI -Great Aloha Run (virtual)
03/14	GW	TVK	North of Phoenix, AZ - Pi Day North Entrance Station, Lake Pleasant Regional Park

### *Olympians: Note The Extension!*

The Special Event Programs column lists the "Walk Like An Olympian" books due by 12/31/2021.

From the interruption of travel plans because of the pandemic and the slow addition of new walks, **we have received an extension through 2022.**

We will honor *any* WLO books received with the promised patch. Books may be turned in at 10, 15 or 20 events. However, at 10 walks, you would have the bling only for the Bronze medal. A book stamped with 15 qualifying walks would yield a patch with bling for both Bronze and Silver. If all lines are filled, all 3 medals will have the extra pieces. Go for the gold!



If you need more details or have questions, contact Suzi Glass at 408.592.3935 or glass2walk@gmail.com.

## THE DELTA TULE TREKKERS

Invite you to walk with us at

### KNIGHTS FERRY COVERED BRIDGE

**FEBRUARY 26, 2022**

Sanction #PA22/121219

**Start Location:** Parking Lot – Knights Ferry Recreation Area, 18020 Sonora Road Knights Ferry, CA 95361

**Start Time:** 8:30 –12:00 noon, **Finish** by 3 p.m.

**Distances:** 10k and 6k Walks  
**Trail Ratings:** 10k - 3 B 6k - 1 B

**Fee:** AVA Credit \$3.00, New Walkers Free

**Special Programs:** USA, WwW.

**Description:** The Knights Ferry Covered Bridge is the longest covered of bridge west the Mississippi River and is more than 130 years old. We'll walk through the bridge, along paved roads, dirt, and gravel trails as we trek through the small community of Knights Ferry and the surrounding countryside. A museum and visitor center is along the route as well as a grist mill, jail, and other historic buildings. Wildflowers may be in bloom to help us appreciate a beautiful walk in the early springtime.

**Miscellaneous:** Water and restrooms available at the start and along the route. Wheelchairs and strollers may have some difficulty. Check at registration for an acceptable route. Dogs o.k. on leash with clean-up.

#### **Additional Information:** Contact

Jim or Diane Gomes at 209-815-6041  
or e-mail [deltatuletrekkers@inreach.com](mailto:deltatuletrekkers@inreach.com).

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

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**Pi Day!**  
**March 14, 2022**  
**WALK Sacramento, CA**  
 Sanction #PA22/121260

**Special Programs:** Air, USA, WwW, 50St

Come celebrate the ratio between the circumference of a circle to its diameter—approximately 3.14 – on Pi Day!

**Start Location:** Marie Callender's  
 5622 Freeport Blvd, Sacramento 95822

**Start:** 9:00-12:00 Noon **Finish:** By 3:14 pm

**Trail Description:** 5K (approx. 3.14 miles) and a 10K (approx. 3.14 miles x 2) route: both are rated 1A. Surprises await the eye as you travel through little known areas of Sacramento—Little Pocket neighborhood, Belle Coledge and Bahnfleth Parks as well as walking by the Sacramento Executive Airport and the Sacramento Public Safety Center. After the walk, enjoy the delicious food and pies offered at the last remaining Marie Callender's in Sacramento.

- Water/restrooms at start and along the routes.
- Dogs OK on leash with clean up, not allowed in start location
- Wheelchairs and strollers are OK

**Fees:** Everyone can walk for FREE (all donations will go to a local food closet) or \$3.14 for Volkssport credit.

**Contact:** Barbara Nuss, 916.283.4650,  
[nussb@surewest.net](mailto:nussb@surewest.net)  
[www.SacramentoWalkingSticks.org](http://www.SacramentoWalkingSticks.org)

**Directions:** From the North and South, Take ca 99 to Sacramento and take Exit 296 for Fruitridge Rd W. Use the 2<sup>nd</sup> from the left lane to turn left onto Freeport Blvd. Turn right after Citibank into the parking lot.



**Save  
 The  
 Date!**

**CVA Annual  
 Convention**  
 San Luis Obispo, CA  
**May 13-15, 2022**

**Four 5/10K Walks; One 10K Bus Tour**  
**Do the walks in ANY order!**

Follow the suggested times if you'd like to visit a live start table, or stop by the Elks Lodge during the same times if you'd like to mix them up :-D

**Special Thursday BONUS Walk!**

**Come early to experience the world-famous  
 SLO Farmer's Market!**  
**Thursday, May 12 5:00-7:00 pm**  
**Special Sanction for this 5K/10K Walk!**

Pre-registration open from March 15-April 15, 2022.

[www.cva4u.org](http://www.cva4u.org)



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



For more information, visit  
[www.beachboardwalkers.org](http://www.beachboardwalkers.org)

## **KEY EVENTS / TIMES / LOCATIONS:**

Convention Check-In: Elks Lodge, 222 Elks Ln., San Luis Obispo, CA 93401 (Times for attendees to pick up badge, meal tickets, convention award and walk directions for walks not starting at start.)

Friday, May 13 – Noon-3:00 p.m. / Saturday, May 14 – 7:00-10:00 a.m. / Sunday, May 15 – 8:00 a.m. to Noon

**Meet & Greet (\$TBD):** Friday, May 13 at 7:00 p.m.

Elks Lodge, 222 Elks Ln, San Luis Obispo (Catered by the Elks)

**Saturday Lunch:** Enjoy one of many fine Central Coast eateries on your own.

**Delegate registration:** Saturday, May 14 at 1:30-2:30 p.m.

Elks Lodge, 222 Elks Ln, San Luis Obispo

**Annual Meeting:** Saturday, May 14 at 3:00 - 5:00 p.m.

Elks Lodge, 222 Elks Ln, San Luis Obispo

**Group Dinner W/ No-Host Bar (\$TBD):** Saturday, May 14 at 6:00 p.m. (pre-registration only) Elks Lodge. Elk's Famous Top Block BBQ & all the fixins!

## **OUR CONVENTION WALKS**

**Pre-Walk: SLO Farmer's Market**, rated 1A. The Kinney SLO, 5K/10K

Start table open: Thursday only – 4:00 to 6:00 p.m. Return by 8:00 p.m. OK for strollers and wheelchairs. Pets not allowed in Farmers.

**Walk 1: Arroyo Grande, Historic Downtown**, rated 2A. 5K, 10K.

Start table open: Friday only – Noon to 3:00 p.m. Return by 6:00 p.m. Hard for strollers and wheelchairs. Pets OK.

**Toast of the Coast Bus Tour** - Bus is full.

**Walk 2: California Coastal Trail**, rated 1A. Pismo Lighthouse Suites, 5K, 10K.

Start table open: Saturday – 8:00-11:00 am, return by 1:00 p.m.

Moderate for strollers and wheelchairs. Pets OK.

**Walk 3: Los Osos/Baywood Park**, rated 1A. Sea Pines Resort, 5K, 10K.

Start table open: Sunday – 8:00 a.m.-noon, return by 2:00 p.m.

Moderate for strollers and wheelchairs. Pets OK.

**Nearby Hotels** (Note: the hotel Convention Discount is still being negotiated. Monitor [www.beachboardwalkers.org](http://www.beachboardwalkers.org) for more info)

**La Cuesta Inn**, 2074 Monterey St, San Luis Obispo, CA 93401

**Sands Inn and Suites**, 1930 Monterey St, San Luis Obispo, CA 93401.

Free Wi-Fi, breakfast, and parking. 4 miles from Elks

**Vagabond Inn**, 210 Madonna Rd, San Luis Obispo, CA 93405 1.0 mile

## **RVs**

**Montano de Oro State Park**, 3550 Pecho Valley Rd, Los Osos, CA 93402.

805-528-0513 [https://bit.ly/CVA\\_MDO](https://bit.ly/CVA_MDO)

**Avila/Pismo Beach KOA** 7075 Ontario Rd, San Luis Obispo, CA 93405

Phone: (805) 595-7111

**Port San Luis RV Campground** 3950 Avila Beach Dr, Avila Beach, CA

93424 Phone: (805) 903-3395



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<p><b>Alameda - Co: Ala - 2 walks: Bay Farm Is (Y0619) &amp; Victorian (Y0620)</b> start: Café au Lait, 3215 Encinal Ave, Ste D, Alameda, CA 94501, POC: Priscilla Fife (916) 616-6003, by SFBB</p>	<p><b>Carmel - Co: Mont - 2 walks Carmel Mission (Y0443) &amp; Carmel - Point Lobos (Y0445)</b>, start: Lopez Taqueria &amp; Liquor, 500 Del Monte Ave, Monterey, CA 93940, POC: Suzi Glass (408) 592-3935, by SBS</p>
<p><b>Anaheim -- Co: Orng - Disneyland-California Adventure walk (Y0794)</b> start: web remote registration at <a href="http://my.ava.org">my.ava.org</a>, POC: Carl Cordes (702) 540-6632, by PARD</p>	<p><b>Carmichael - Co: Sac - walk Ancil Hoffman Park (Y1712)</b>, start: remote registration only - phone or email POC: Sally Coones saanagaha@yahoo.com or (916) 283-4535, by SWS</p>
<p><b>Auburn - Co: Pla -walk Placer County Museums (Y0034)</b> start: Flour Garden Bakery, 340-C Elm Ave, Auburn, CA 95603, POC: Jan Jerabek (916) 253-9501, by PP</p>	<p><b>Carmichael - Co: Sac - walk Hidden Parks (Y2418)</b>, start: SaveMart, Crestview Village Shopping Center, 4708 Manzanita Drive, Carmichael, CA 95608, POC: Myrna Jackson (916) 481-6714, by SWS</p>
<p><b>Avila Beach - Co: SLO - walk Avila Beach (Y1963)</b> POC: Ty Fredriks (805) 714-1552 &amp; bike <b>Bob Jones Trail tour (Y0426)</b>, POC: John Fletcher (805) 736-8531 start Pismo Lighthouse Suites, 2411 Price St, Pismo Beach, CA 93449, by CCBB</p>	<p><b>Carpinteria - Co: SB - beach walk (Y1856)</b>, start: Holiday Inn Express Suites, 5605 Carpinteria, Carpinteria, CA 93013, POC: Ty Fredriks (805) 714-1552, by CCBB</p>
<p><b>Benicia - Co: Sol - 2 walks Benicia State Recreation Area (Y1346) &amp; Historic (Y0213)</b>, start Starbucks, 90 Solano Square, Benicia, CA 94510 POC: Howard McGill (707) 447-9431, by SFBB</p>	<p><b>Carson City, NV - Co: Douglas - walk Capital Neighborhoods (Y0936)</b>, start Hardman House Hotel - 917 North Carson St, Carson City, NV 89701, best call before coming (775) 882-7744. POC: Judy Gordon (775) 331-9296, by TTT</p>
<p><b>Big Bear Lake - Co: SnBer - 2 seasonal walks 05/01/22 - 11/30/22: North Shore Trail (Y0303) &amp; Village (Y0337)</b>, start: Liquor Junction, 1041 W. Big Bear Blvd (SR 18) Big Bear Lake, CA 92314, POC: Debbie Becker (909) 844-0405 by LDR</p>	<p><b>Carson Pass - Co: Alp seasonal walk 06/01/22-10/31/22 - Pacific Crest Trail (Y0880)</b> start: web remote registration at <a href="http://my.ava.org">my.ava.org</a> POC: Suzi Glass (408) 592-3935 by CVA</p>
<p><b>Buellton - Co: SB - walk Town (Y0799)</b> start: CVS Pharmacy, 218 E. Hwy 246, bldg 3, Buellton, CA 93427, POC: Ty Fredriks (805) 714-1552 by CCBB</p>	<p><b>Cherry Valley - Co: Riv - walk (Y1836)</b>, start: Shell Gasoline Station, 10501 Beaumont Ave, Cherry Valley, CA 92223, POC: Bob Gebo (951) 924-2208, by GVG</p>
<p><b>Calistoga - Co: Napa - walk (Y0268)</b>, start: Calistoga Roastery, 1426 Lincoln Ave., Calistoga, CA 94515, POC: Marilyn Nasi (707) 486-8528, by SCS</p>	<p><b>Chico - Co: Butte - walk CSU Chico (Y2673)</b> start: web remote registration at <a href="http://my.ava.org">my.ava.org</a>, POC Ty Fredriks (805) 714-1552 by CCBB.</p>
<p><b>Cambria - Co: SLO - walk Cambria Beach and River (Y2358)</b>, start: The Bluebird Inn, 1880 Main St, Cambria, CA 93428, POC: Ty Fredriks (805) 714-1552 by CCBB</p>	<p><b>Citrus Heights - Co: Sac - walk Stock Ranch (Y0224)</b> start: SAS Shoe Store, 7247 Greenback Lane, Citrus Heights, CA 95621, POC: Sally Coones (916) 283-4535, by SWS -</p>
<p><b>Campbell - Co: SClar - walk Los Gatos Creek (Y0853)</b>, start: Campbell Inn, 675 E. Campbell Av, Campbell, CA 95008, POC: Holly Pelking (408) 859-7978, by SBS</p>	<p><b>Claremont - Co: LA - walk Downtown/Colleges (Y0743)</b> start: remote registration only - phone or email POC: Kathy Bundy bunznkatz7@gmail.com or (951) 218-3755 by LDR</p>
<p><b>Capitola - Co: SCruz - walk Secret Paths &amp; Stairways (Y1183)</b>, start: Coffeetopia, 3701 Portola Dr, Santa Cruz, CA 95062, POC: Holly Pelking (408) 859-7978, by SBS</p>	<p><b>Corona - Co: Riv - walk Historic (Y0913)</b> start: Corona Regional Medical Center, 800 So. Main, Corona, CA 92882, POC: Jean Vik (951) 317-7860, by LDR</p>
<p><b>Carlsbad - Co: SD - walk Residential (Y0200)</b> start: Tamarack Beach Resort, 3200 Carlsbad Blvd., Carlsbad, CA 92008, POC: Kathy Cole (951) 551-9723 by LDR</p>	<p><b>Coronado - Co: SD - walk Island Historic (Y0352)</b> start: Coronado Historical Assoc. Museum, 1100 Orange Ave., Coronado, CA 92178. POC: Herman Husbands (619) 287-0560, by CB</p>



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**Crestline - Co: SnBer - walk Lake Gregory (Y1826)** start Goodwin's Market, 24089 Lake Gregory Dr, Crestline, CA 92325  
POC: Bob Gebo (951) 924-2208 by GVG

**Dana Point - Co: Orng - walk (Y1343)**, start Hennessey's Tavern, 31761 Camino Capistrano, San Juan Capistrano, CA 92675. POC: Dottie Schwieger (951) 505-9738 by LDR

**Davis - Co: Yolo - bike Circle Davis Tour (Y0007) & 2 walks: South Davis/El Macero (Y0617) & Southeast Tunnels & Bridges (Y1624)**, start Common Grounds Coffee, 2171 Cowell Blvd. Suite 4, Davis, CA 95618, POC: Amul Purohit (530) 400-1106, by SWS

**Davis - Co: Yolo - walk University (Y0404)**, start Fleet Feet Sports, 615 2nd St, Davis, CA 95616, POC: Amul Purohit (530) 400-1106, by SWS

**Donner Pass - Co: Nev - seasonal walk 06/01/22 - 10/31/22 Pacific Crest Trail (Y1038)** start web remote registration at [my.ava.org](http://my.ava.org), POC: Suzi Glass (408) 592-3935 by CVA

**Elk Grove - Co: Sac - walk: Charlie Fowble Memorial (Y0997)**, start McDonald's, 2733 Elk Grove Blvd, Elk Grove, CA 95758, POC: Paul Robb (916) 430-6649 by SWS

**Elk Grove - Co: Sac - 2 walks: East Elk Grove Rec Trail (Y1423) & Elk Grove Regional Park (Y1775)**, start Starbucks, 8868 Bond Rd, Suite 100, Elk Grove, CA 95624, POC: Paul Robb (916) 430-6649, by SWS

**Elk Grove - Co: Sac - walk Elk Grove Creek Watershed (Y0785)**, start Peets Coffee & Tea, 8234 Laguna Blvd. Suite 100, Elk Grove, CA 95758, POC: Paul Robb (916) 430-6649 by SWS

**Encino - Co: LA - walk Nature & Historic (Y0934)**, start web remote registration at [my.ava.org](http://my.ava.org), POC: Carl Cordes (702) 540-6632, by PARD

**Etna - Co: Sisk - walk - Historic (Y1121)**, start Bob's Ranch House Restaurant, 585 Collier Way (Highway 3), Etna, CA 96027, POC: Catherine Wieder (562) 716-0114, by SWS

**Fair Oaks - Co: Sac - walk Fair Oaks - Historic (Y1064)** start Fair Oaks Coffee House & Deli, 10223 Fair Oaks Blvd, Fair Oaks, 95628, POC: Marcia Maurer (916) 844-4673, by SWS

**Folsom - Co: Sac - walk Historic (Y0165)**, start Karen's Bakery & Café, 705 Gold Lake Dr, Ste # 340, Folsom, CA 95630, POC: Heidi Foster (916) 792-1720, by SWS - CLOSED SUNDAY

**Galt - Co: Sac - walk Cosumnes River Preserve (Y1314)** start McDonald's 2733 Elk Grove Blvd., Elk Grove, CA 95758, POC: Paul Robb (916) 430-6649, by SWS

**Galt - Co: Sac - walk (Y1303)** start McDonald's Hamburgers 324 Pine St, Galt, CA 95632, POC: Cathy Pauley (915) 479-1060, by DTT

**Gold River - Co: Sac - walk (Y1793)**, start Starbuck's Coffee Company, 2095 Golden Centre Ln, Suite 10, Gold River, CA 95670, POC: Roxie Jones (916) 813-7015, by SWS

**Healdsburg - Co: Son - walk Wine Country (Y0415)** start Adel's Restaurant, 198 Dry Creek Road, Healdsburg, CA 95448 POC: Marilyn Nasi (707) 486-8528, by SCS

**Huntington Beach - Co: Orng - walk (Y0899)**, start Albertson's Market, 7201 Yorktown Ave, Huntington Beach, CA 92648, POC: Jean Vik (951) 737-8341, by LDR

**Ione - Co: Ama - walk Amador County (Y0606)**, start Ione Plaza Market, 313 Preston Ave, Ione, CA 95640 POC: Diane Stauffer (209) 423-6474, by DTT

**Isla Vista - Co: SB - walk UCSB (Y2578)** start CAJE Coffee Roasters, 948 Embarcadero del Norte, Goleta, CA 93117 POC Ty Fredriks (805) 714-1552 by CCBB

**Jackson - Co: Ama - walk Historic Town & Country (Y0255)**, start Best Western Amador Inn, 200 So. Hwy 49, Jackson, CA 95642, POC: Wanda Martin (209) 565-7729, by DTT

**Keene - Co: Kern - 2 walks Cesar Chavez National Monument (Y2519) & Tehachapi Loop (Y2518)** start remote registration only contact POC Bob Gebo (951) 924-2208 or [robertgebo@aol.com](mailto:robertgebo@aol.com) by GVG

**Kirkwood - Co: Alp - seasonal walk 06/01/22 - 09/30/22 Lake Winnemucca (Y1844)** start remote registration - contact POC: Nancy Alex (916) 217-4903 or [fanfarmer@sonic.net](mailto:fanfarmer@sonic.net), by SWS

**Laguna Beach - Co: Orng - walk (Y1651)**, start Pavilions Supermarket, 1000 Bayside Dr, Newport Beach, CA 92662 POC: Jean Vik (951) 317-7860 by LDR

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<p><b>Laguna Niguel - Co: Orng -walk (Y1342)</b>, start Ted's Place Restaurant, 23900 Aliso Creek, Laguna Niguel, CA 92677 POC:Jean Vik (951) 317-7860 by LDR</p>	<p><b>Menifee - Co: Riv - 3 walks: Lakes (Y1212) and Menifee Valley (Y1213) &amp; Sun City Residential (Y0701)</b>, start Menifee Inn, 27680 Encanto Dr, Sun City, CA 92586, POC Kathy Bundy (951) 218-3755 by LDR</p>
<p><b>Lincoln - Co: Pla - bike-Lincoln Tour (Y0402)</b>, start Starbuck's Coffee, 110 Ferrari Ranch Road, Lincoln, CA 95648, POC: Don Ratliff (916) 645-8280, by PP</p>	<p><b>Mill Valley - Co: Mrn - walk Marin County (Y0391)</b> start Mill Valley Community Center, 180 El Camino Alto, Mill Valley, CA 94941, POC: Jill Simmons (707) 448-5148, by VVV - CLOSED SUNDAYS</p>
<p><b>Lodi - Co: SJ - walk (Y0170)</b>, start McDonald's Hamburgers 200 West Lodi Ave, Lodi, CA 95240, POC: Charlene Henshaw (209) 642-2004 by DTT</p>	<p><b>Modesto - Co: Stan - walk Stanislaus County (Y0167)</b>, start Starbucks, 800 Oakdale Rd, Modesto, CA 95355, POC: Jim &amp; Diane Gomes (209) 815-6041, by DTT</p>
<p><b>Lompoc - Co: SB - walk (Y0430)</b>, start South Side Coffee Company, 105 So. H, Lompoc, CA 93436, POC: Ty Fredriks, (805) 714-1552 by CCBB</p>	<p><b>Monterey - Co: Mont - 2 walks - Historic (Y1261) &amp; Peninsula/Lovers Point (Y1341)</b>, start Lopez Taqueria &amp; Liquor, 500 Del Monte Ave, Monterey, CA 93940-2405, POC: Suzi Glass (408) 592-3935, by SBS</p>
<p><b>Long Beach - Co: LA - walk Naples/Belmont Shore (Y1452)</b> start Gelson's, 6255 East 2nd St., Long Beach, CA 90803, POC: Jean Vik (951) 317-7860, by LDR</p>	<p><b>Morongo Valley - Co: SnBer - walk Big Morongo Canyon Preserve (Y0126)</b>, start Big Morongo Canyon Preserve, 11055 East Drive, Morongo Valley, CA 92256 POC: Sue Obradovitz (951) 333-6806, by LDR</p>
<p><b>Los Angeles - Co: LA - walk Griffith Park Bridle Path (Y2138)</b> start web remote registration at <a href="http://my.ava.org">my.ava.org</a>, POC: Suzi Glass (408) 592-3935, by SBS</p>	<p><b>Morro Bay - Co: SLO - walk (Y0664)</b>, start La Serena Inn, 990 Morro Ave., Morro Bay, CA 93442, POC: Ty Fredriks (805) 714-1552, by CCBB</p>
<p><b>Los Angeles - Co: LA - walk Griffith Park Observatory (Y2250)</b> start web remote registration at <a href="http://my.ava.org">my.ava.org</a>, POC: Holly Pelking (408) 859-7978, by SBS</p>	<p><b>Murrieta - Co: Riv - walk (Y2011)</b>, start Montague Brothers Coffee, 21545 Palomar St., Wildomar, CA 92595 POC Kathy Bundy (951) 218-3755, by LDR</p>
<p><b>Los Angeles - Co: LA - walk UCLA, Westwood &amp; Marilyn (Y2043)</b> start web remote registration at <a href="http://my.ava.org">my.ava.org</a>, POC: Suzi Glass (408) 592-3935 by SBS</p>	<p><b>Newport Beach - Co: Orng -2 walks Balboa Is (Y0251) &amp; Balboa Is Cross Channel View (Y1270)</b>, start Pavilions Supermarket, 1000 Bayside Dr., Newport Beach, CA 92662 POC: Jean Vik (951) 317-7860 by LDR</p>
<p><b>Los Gatos - Co: SClar - Town walk (Y0074)</b>, start Los Gatos Coffee Roasting Company, 101 W. Main St, Los Gatos, CA 95030 POC: Holly Pelking (408) 859-7978, by SBS</p>	<p><b>Oceanside - Co: SD - walk San Diego County (Y1750)</b>, start Oceanside Marina Inn, 2008 Harbor Drive North, Oceanside, CA 92054, POC: Kathy Cole (951) 551-9723, by LDR</p>
<p><b>Los Olivos - Co: SB - Wine Country walk (Y2357)</b> start R Country Market in Los Olivos, 2948 Grand Ave., Los Olivos, CA 93441, POC: Ty Fredriks (805) 714-1552, by CCBB.</p>	<p><b>Olympic Valley - Co: Pla - seasonal walk 05/01/22 - 11/30/22 Squaw Valley - John Daegling Memorial (Y1785)-</b> start The Village at Squaw Valley, 1750 Village East Road, Olympic Valley, CA 96146, POC: Lynn Booth (209) 614-4310, by TTT</p>
<p><b>Manteca - Co: SJ - walk (Y2024)</b>, start Frank's Downtown Café, 162 No. Maple Ave., Manteca, CA 95336, POC: Marcelo Fernandez (562) 521-3775 by DTT</p>	<p><b>Olympic Valley - Co: Pla - seasonal walk 05/01/22 - 10/31/22 Palisades Tahoe - Shirley Canyon (Y2263)</b> start web remote registration at <a href="http://my.ava.org">my.ava.org</a>., POC: Carl Cordes (702) 540-6632 by PARD</p>
<p><b>Manteca - Co: SJ - walk (Y2024)</b>, start Frank's Downtown Café, 162 No. Maple Ave., Manteca, CA 95336, POC: Marcelo Fernandez (562) 521-3775 by DTT</p>	<p><b>Orcutt - Co: SB - walk Old Town Orcutt (Y2489)</b> start Wine Stone Inn, 255 West Clark Ave., Orcutt, CA 93455, POC: Ty Fredriks (805) 714-1552, by CCBB</p>

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

<p><b>Palm Springs - Co: Riv - 2 walks Celebrity Walk (Y1887) &amp; Park Trail (Y0724)</b>, start Desert Regional Medical Center, 1150 No. Indian Canyon Dr, Palm Springs, CA 92262, POC: Sue Obradovitz (951) 333-6806 by LDR</p>	<p><b>Roseville - Co: Pla - bike - NW Roseville Tour (Y1239)</b>, start Starbucks, 2030 Douglas Blvd, Suite 12, Roseville, CA 95661 POC: Don Ratliff (916) 645-8280 by PP</p>
<p><b>Petaluma - Co: Son - walk -Historic Petaluma (Y0233)</b>, start CVS Drug Store, 365 East Washington St., Petaluma, CA 94952, POC: Don &amp; Sue Deal (707) 762-4148, by SCS</p>	<p><b>Round Valley - Co: Alp - seasonal walk 06/01/22 - 10/31/22 walk Pacific Crest Trail (Y0983)</b>, start web remote registration at <a href="http://my.ava.org">my.ava.org</a>, POC: Suzi Glass (408) 592-3935 by CVA</p>
<p><b>Pismo Beach - Co: SLO - walk Pismo Beach (Y1821)</b>, start Pismo Lighthouse Suites, 2411 Price St., Pismo Beach, CA, 93449 POC: Ty Fredriks (805) 714-1552, by CCBB</p>	<p><b>Sacramento - Co: Sac - 3 walks American River (Y0990), Ashton Park (Y1049) &amp; Sierra Oaks Vista (Y0905)</b> start web remote registration at <a href="http://my.ava.org">my.ava.org</a> or PSB Starbucks, Arden Town Shopping Center, 610 Watt Ave, Sacramento, CA 95864 POC Beverly Bales (916) 488-8570 by SWS</p>
<p><b>Pittsburg - Co: CC - walk (Y0947)</b> start Steeltown Coffee &amp; Tea, 695 Railroad Ave., Pittsburg, CA 94665, POC: Craig and Jane Wirth, (935) 305-9055, by VVV</p>	<p><b>Sacramento - Co: Sac - bike American River Tour (Y0006) &amp; Capitol - Wayne Holloway Memorial Walk (Y0003)</b>, start Sandman Hotel, 236 Jibboom St, Sacramento, CA 95814-0108, POC: Heidi Foster (916) 792-1720, by CVA</p>
<p><b>Placerville - Co: EID - walk Old Hangtown (Y0580)</b> start Buttercup Pantry, 222 Main Street, Placerville, CA 95667, POC: Bette Haskell (530) 647-2726, by PP</p>	<p><b>Sacramento - Co: Sac - walk - Arden Park (Y0558) &amp; Arden Bike Tour (Y0607)</b>, start Starbucks, Arden Plaza, 4301 Arden Way, Sacramento, CA 95864, POC: Myrna Jackson (916) 481-6714, by SWS</p>
<p><b>Rancho Cordova - Co: Sac - walk Lake Natoma (Y0855) &amp; bike Lake Natoma tour (Y0036)</b>, start Starbuck's Coffee 12195 Tributary Point, Rancho Cordova, CA 95670-4508, POC: Sue Hopper (916) 296-2289, by PP</p>	<p><b>Sacramento - Co: Sac - walk Campus Commons/Sierra Oaks (Y1767)</b>, start Starbucks Coffee Co., 458 Howe Ave, #8, Sacramento, CA , 95825 POC: Myrna Jackson (916) 481-6714, by SWS</p>
<p><b>Redding - Co: Sha - walk Sundial Bridge (Y0705)</b>, start web remote registration at <a href="http://my.ava.org">my.ava.org</a>, POC: Carl Cordes (702) 540-6632 by PARD</p>	<p><b>Sacramento - Co: Sac - 3 walks: Curtis Park (Y0968), Land Park (Y1039) &amp; River &amp; Miller Park (Y0938)</b>, start remote registration only contact POC: Jennifer Stanley (916) 456-6538 or <a href="mailto:stansylph@aol.com">stansylph@aol.com</a> by SWS</p>
<p><b>Redlands - Co: SnBer - 3 walks Downtown (Y0584), Palms &amp; Palaces (Y0187) &amp; Westside (Y1837)</b>, start Redlands Family YMCA, 500 E. Citrus Avenue, Redlands, CA 92373, POC: Bob Gebo (951) 924-2208, by GVG</p>	<p><b>Sacramento - Co: Sac - 3 walks: Elmhurst to East Sac (Y1422), Midtown/East Sac (Y1873) &amp; The "Fab 40's" (Y0583)</b>, start CVS Pharmacy, 5039 Folsom Blvd., Sacramento, CA 95819, POC: Gail Samcoff (916) 429-8377, by SWS</p>
<p><b>Redondo Beach - Co: LA - walk (Y0490)</b> start Carl's Jr., 701 N. Pacific Coast Highway, Redondo Beach, CA 90277, POC: Dottie Schwieger, (951) 505-9738 by LDR</p>	<p><b>Sacramento - Co: Sac - Hidden Murals walk (Y2337)</b>, start Fleet Feet Sports, 2311 J St, Sacramento, CA 95816. POC: Rutherford Smith (530) 219-5610, by SWS</p>
<p><b>Reno, NV - Co: Washoe - 2 walks Historial Walk (Y0023) and UNR/San Rafael (Y0935)</b> , start National Automobile Museum, 10 Lake Street South, Reno, NV, 89501, POC: Judy Gordon (775) 331-9296, by TTT</p>	<p><b>Sacramento - Co: Sac - bike: Natomas Flood Plain Tour (Y0767) &amp; 2 walks North Natomas (Y2186) and South Natomas (Y0588)</b> start Natomas Bike Shop, 3291 Truxel Rd #30, Sacramento, CA 95833, POC: Joanne Jensen (916) 996-0401, by SWS</p>
<p><b>Riverside - Co: Riv - walk Rivrside County (Y1478)</b>, start Riverside Community Hospital, 4445 Magnolia Ave, Riverside, CA 92501, POC: Sue Obradovitz (951) 333-6806, by LDR TEMPORARILY CLOSED--call POC</p>	<p><b>Sacramento - Co: Sac - walk North Laguna Creek Wildlife Area (Y1043)</b>, start 24 Hour Fitness, 8785 Center Parkway, Sacramento, CA 95823, POC: Bruce &amp; Nancy Calkins (360) 970-6393, by SWS</p>
<p><b>Roseville - Co: Pla - 2 walks - Maidu Park (Y0560) &amp; Sculpture Park (Y0266)</b>, start Starbucks, 2030 Douglas Blvd, Suite 12, Roseville, CA 95661 POC: Jan Jerabek (916) 253-9501 by PP</p>	

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**SAVE THESE PAGES through 2022 -**

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<p><b>Sacramento - Co: Sac - walk Pocket Area (Y0234) &amp; bike Pocket Area Tour (Y1313)</b>, start CVS Pharmacy, 7465 Rush River Dr, #500, Sacramento, CA 95831, POC: Nancy Alex (916) 217-4903 by SWS</p>	<p><b>San Jose - Co: SClar - walk Rose Garden &amp; Santa Clara University (Y2768)</b> start web remote registration at <a href="http://my.ava.org">my.ava.org</a> POC: Chris Zegelin (408) 529-9724 by SBS</p>
<p><b>Sacramento - Co: Sac - walk Sac State (Y1822)</b> start CVS Pharmacy, 2085 Fair Oaks Blvd, Bldg 2, Saramento, CA 95825 POC: Kim Dagan (661) 549-2779 by SWS</p>	<p><b>San Juan Capistrano - Co: Orng - walk Orange County (Y1886)</b>, start Hennessey's Tavern, 31761 Camino Capistrano, San Juan Capistrano, CA 92675, POC: Dottie Schwieger (951) 505-9738 by LDR</p>
<p><b>Sacramento - Co: Sac - bike Sacramento Riverfront Tour (Y0959)</b>, start Sandman Motel, 236 Jibboom St., Sacramento, CA 95814-0108, POC: Heidi Foster (916) 792-1720 by CVA</p>	<p><b>San Luis Obispo - Co: SLO - walk (Y0458)</b>, start The Kinney Hotel, 1800 Monterey Ave, San Luis Obispo, CA 93401-2614, POC: Ty Fredriks (805) 714-1552 , by CCBB</p>
<p><b>San Clemente - Co: Orng - walk Beach &amp; Pier (Y1060)</b>, start Hennessey's Tavern, 31761 Camino Capistrano, San Juan Capistrano, CA 92675, POC: Dottie Schwieger (951) 505-9738 by LDR</p>	<p><b>Santa Barbara - Co: SB - walk (Y0137)</b>, start Harbor View Inn, 28 West Cabrillo Blvd., Santa Barbara, CA 93101, POC: Ty Fredriks (805) 714-1552, by CCBB</p>
<p><b>San Diego - Co: SD - walk: Harbor Island (Y1604)</b>, start web remote registration at <a href="http://my.ava.org">my.ava.org</a> or PSB Wyndham Bayside Hotel, 1355 No. Harbor Dr, San Diego, CA 92101, POC: Maureen Carlson (909) 227-5319 by LDR</p>	<p><b>Santa Cruz - Co: SCruz -walk Natural Bridges (Y0328)</b>, start Togo's Sandwich Shop, 902 Ocean St., Santa Cruz, CA 95060, POC: Holly Pelking (408) 259-5157, by SBS</p>
<p><b>San Diego - Co: SD - walk Old Town (Y1426)</b>, start Best Western Hacienda Hotel, 4041 Harney St., San Diego, CA 92110, POC: Maureen Carlson (909) 227-5319 by LDR</p>	<p><b>Santa Maria - Co: SLO -walk Santa Maria/Hancock College (Y2686)</b>, start Historic Santa Maria Inn, 801 S. Broadway, Santa Maria, CA 93455, POC: Ty Fredriks (805) 714-1552, by CCBB</p>
<p><b>San Diego - Co: SD - walk Waterfront (Y0852)</b>, start Wyndham Bayside Hotel, 1355 N. Harbor Dr., San Diego, CA 92101 POC: Maureen Carlson (909) 227-5319 by LDR</p>	<p><b>Santa Rosa - Co: Son - 2 walks Luther Burbank Gardens (Y1100) &amp; Prince Greenway/Historic Santa Rosa (Y0758)</b>, start Lucky Market, 915 Village Ct, Santa Rosa, CA 95405, POC: Marilyn Nasi (707) 486-8528, by SCS</p>
<p><b>San Francisco - Co: SF - walk Lands End &amp; Beyond (Y1943)</b>, start remote registration, contact POC: P. Fife (916) 616-6003 or SFBayBandits@aol.com by SFBB</p>	<p><b>Sebastopol - Co: Son - walk near Santa Rosa (Y0793)</b> start CVS Pharmacy, 6877 Sebastopol Ave., Sebastopol, CA 95472. POC: Marilyn Nasi (707) 486-8528, by SCS</p>
<p><b>San Francisco - Co: SF - walk SF Maritime (Y1479)</b>, start San Francisco Maritime National Historical Park Visitors' Center, 499 Jefferson St, San Francisco, CA 94109, POC: P. Fife (916) 616-6003, by SFBB - <b>TEMPORARILY CLOSED</b></p>	<p><b>Solvang - Co: SB - Danish Country walk (Y0428)</b>, start Solvang Shoe Store, 1663 Copenhagen Dr., Solvang, CA 93463, POC: Ty Fredriks (805) 714-1552 by CCBB</p>
<p><b>San Francisco - Co: SF - walk: Presidio (Y1564)</b>, start remote registration, contact POC: P. Fife (916) 616-6003 or SFBayBandits@aol.com by SFBB</p>	<p><b>Sonoma - Co: Son - walk Sonoma County (Y0752)</b>, start Best Western/ Sonoma Valley Inn, 550 Second St West, Sonoma, CA 95476, POC: Marilyn Nasi (707) 486-8528, by SCS</p>
<p><b>San Jose - Co: SClar - walk Almaden Lake (Y2436)</b>, start Almaden Lake Village Rental Office (closed Sundays), 1045 Coleman Rd., San Jose, CA 95123. POC: Suzi Glass (408) 592-3935 by SBS.</p>	<p><b>Stockton - Co: SJ - walk -N.W. Stockton, Tom Swift Memorial Walk (Y0194)</b>, start Starbucks, 10602 Trinity Parkway, Stockton, CA 95219, POC: Cathy Pauley (915) 479-1060, by DTT</p>
<p><b>San Jose - Co: SClar - walk Hellyer Park &amp; Coyote Creek (Y2781)</b> start web remote registration at <a href="http://my.ava.org">my.ava.org</a> POC: Suzi Glass (408) 592-3935 by SBS</p>	
<p><b>San Jose - Co: SClar - walk Historical Downtown &amp; University (Y0240)</b>, start web remote registration at <a href="http://my.ava.org">my.ava.org</a> or temporary PSB at Campbell Inn, 675 East Campbell Ave., Campbell, CA 95008 POC: Philip Braverman (408) 287-1701, by SBS</p>	

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**Stockton - Co: SJ - walk University Area-Central Stockton (Y1304)**, start: Mc Donald's Hamburgers, 4515 Pacific Ave, Stockton, CA 95207, POC: Joan Sykes (209) 931-0557, by DTT

**Tahoe City - Lake Forest Co: Pla - seasonal walk 5/1/22 - 11/30/22 (Y0195)**, start: Tahoe House Bakery & Gourmet, 625 W. Lake Blvd, Tahoe City, CA, 96145, OPEN 6am-3pm POC: Karen Reed (408) 315-7727 by TTT

**Tahoma - Squaw Valley - Co:EID - seasonal walk 05/01/22 - 11/30/22 (Y2262)** start: Tahoe House Bakery and Gourmet, 625 W. Lake, Tahoe City, CA 96145, OPEN 6am-3pm POC Karen Reed (408) 315-7727 by TTT

**Truckee - Steiners' Memorial River Walk Co: Nev - seasonal walk 05/01/22 - 11/30/22 (Y1667)**, start: Hampton Inn & Suites Tahoe - Truckee, 11951 CA Highway 267, Truckee, CA 96161, POC: Jennie Gordon (916) 204-3839, by TTT

**Union City - Co: Ala -walk Old Town (Y1248)** start: Togo's Sandwich Shop (Union Landing Shopping Center) 32220 Dyer Street, Union City, CA 94587 POC: John Glass (408) 592-3866, by SBS

**Vacaville - Co: Sol - 2 walks, Historic (Y1586) & Joe Sutter/Jo Hefner Memorial Lagoon Valley (Y0331)**: Diggers Deli, 876 Alamo Dr, Vacaville, CA 95688, POC: Jill Simmons (707) 448-5148, by VVV

**Ventura - Co: Ven - walk Santa Cruz Island (Y0872)**, start: web remote registration at [my.ava.org](http://my.ava.org), POC: Ty Fredriks (805) 714-1552 by CCBB

**Ventura - Co: Ven - Ventura City/Beach walk (Y0860)**, start: Vagabond Inn, 756 E. Thompson Blvd, Ventura, CA 93001, POC: Ty Fredriks (805) 714-1552, by CCBB

**West Sacramento - Co: Yolo - walk Clarksburg Branch Line Trail (Y1515)** start: Nugget Market, 2000 Town Center Plaza, West Sacramento, CA 95691, POC: Susan Martimo (916) 372-5098, by SWS

**West Sacramento - Co: Yolo - walk River Walk (Y0545)**, start: La Bou Bakery & Café (closed Sundays), 849 Jefferson Blvd. #101, West Sacramento, CA 95691, POC: Susan Martimo (916) 372-5098, by SWS

**Whittier - Co: LA - walk Home Town (Y2047)**, start: web remote registration at [my.ava.org](http://my.ava.org), POC: Suzi Glass (408) 592-3935 by SBS

**Wildomar - Co: Riv walk (Y1761)** start: Montague Brothers Coffee, 21545 Palomar St, Wildomar, CA 92595 POC: Kathy Bundy (951) 218-3755 by LDR

**Windsor - Co: Son - walk (Y2419)**, start: CVS Pharmacy, 9030 Brooks Rd, So, Windsor, CA 95492, POC: Shirley Hightower (707) 696-0244, by SCS

**Woodland - Historic - Co: Yolo - walk (Y0539)**, start: Nugget Market, 157 Main Street, Woodland, CA 95695, POC: Judy & Jim Tischer (530) 383-1370, by SWS

**Yorba Linda - Co: Orng - walk (Y0735)**, start: remote registration. Contact POC Dottie Schwieger, (951) 505-9738 or [HiDotWalk@aol.com](mailto:HiDotWalk@aol.com), by LDR

**Yosemite National Park- Co: Mrp - 2 seasonal walks 05/01/22 - 10/31/22 Clouds Rest (Y0734) & Half Dome (Y0765)**, start: web remote registration at [my.ava.org](http://my.ava.org), POC: Carl Cordes (702) 540-6632 by PARD -- check park website for latest access updates.

**Yosemite National Park- Co: Mrp - walk Valley Floor (Y0727)** start: web remote registration at [my.ava.org](http://my.ava.org), POC: Carl Cordes (702) 540-6632 by PARD

**Zamora - Co: Yolo - walk Rural Yolo County (Y1429)**, start: Zamora Mini Mart, 9920 County Rd 99-W, Zamora, CA 95698, POC: Jim & Judy Tischer (530) 383-1370, by SWS



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**FROM**  
**California Volkssport Association**  
**Suzi Glass, Editor**  
**371 Cuckoo Court**  
**Applegate, CA 95703**

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*California Events 2022 1st Quarter*

No.	Date(s)	Event	Club	Location	County
1	1/1/2022	W	SWS	Sacramento -- New Year's Day Walk	Sac
2	1/15/2022	W	LDR	Temecula - Walk It Off	Riv
	2/10/2022		All	COMPASS Articles due for 2nd quarter	
	2/15/2022		All	COMPASS Subscription deadlines for 3 quarters of 2022	
3	2/19/2022	W	SFBB	Concord - walk the Hills of Concord	CC
4	2/26/2022	W	DTT	Knight's Ferry Covered Bridge	Stan
5	3/14/2022	W	SWS	Sacramento -- Pi Day	Sac
6	5/12/2022	W	CCBB	CVA Convention - SLO Farmer's Market evening walk	SLO
7	5/13 - 5/15 2022	W	CCBB	CVA Convention -- Arroyo Grande	SLO
8	5/14/2022	W	CCBB	CVA Convention - Toast of the Coast Bus Tour - full	SLO
9	5/13 - 5/15 2022	W	CCBB	CVA Convention -- California Coastal Trail	SLO
10	5/13 - 5/15 2022	W	CCBB	CVA Convention -- Los Osos/Baywood Park	SLO

**CVA Event Locations**

