

The COMPASS

A Publication of the *California Volkssport Association*

April

May

June

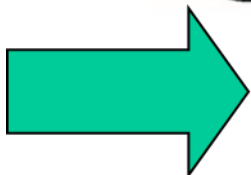
2024



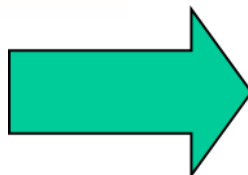
Folks loved the Mural Walk in Sacramento, but Karen *really* got into it. Thank you Sacramento Walking Sticks. Photo by Tammi Kerch



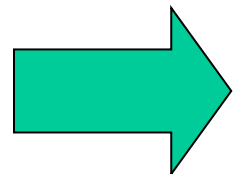
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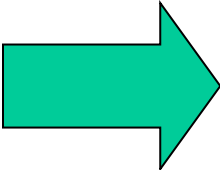


AVA's Vision: Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.

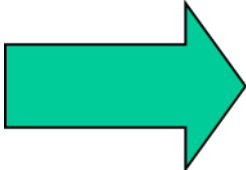
AVA's Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.

COMPASS Article Deadlines

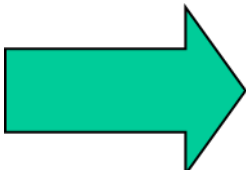
May 10 for July, August & September
August 10 for Oct., Nov. & Dec events
November 10 for Jan., Feb. & March events
February 10 for April, May & June events
 send to
 Suzi Glass: glass2walk@gmail.com



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Subscribe see Page 8





Primer for the New Walker

We are.....

We are an organization of walking clubs located throughout California. Our members are individuals and families (and even some dogs!) who love to explore this beautiful state - on foot! We have 11 walking clubs offering more than 200 trails in California through cities, parks, beaches, forests, mountains, historic sites, and charming town neighborhoods. Walks range from flat, paved trails that accommodate strollers and wheelchairs, to more challenging hikes up winding mountain trails. There's something for everyone.

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

Volkssporting ("people sports") originated in Germany and was imported to the US more than 45 years ago by members of the US Military. CVA is part of the US national organization, the American Volkssport Association (AVA - America's Walking Club), which is part of the international organization, IVV. We are one big happy family of walkers located all over the world!

Walks are typically 5k (3.1 miles) or 10k (6.2 miles). Some walks, "Year-Round Events" 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 2024, the Convention will take place April 26, 27, and 28 in Rohnert Park.

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.

2024 CVA CONTACTS: California Club & CVA Officers

| | | |
|--|--|--|
| <p>CCBB: Central Coast Beach Boardwalkers Ty Fredriks 805.937.3800 847 Blake Street Santa Maria, CA 93455-4956 ty@beachboardwalkers.org</p> | <p>DTT: Delta Tule Trekkers Cathy Pauley 915.479.1060 3315-1/2 Cherryland Ave. Stockton, CA 95215 president@deltatuletrekkers.org</p> | <p>LDR: Low Desert Roadrunners Kathy Bundy 951.218.3755 P.O. Box 416 Wildomar, CA 92595 bunznkatz7@gmail.com</p> |
| <p>PP: Placer Pacers Bruce McDevitt 530.412.4452 371 Cuckoo Court Applegate, CA 95703 walknsail@gmail.com</p> | <p>SBS: South Bay Striders Suzi Glass 408.592.3935 5562 Vassar Drive. San Jose, CA 95118 glass2walk@gmail.com</p> | <p>SCS: Sonoma County Stompers Marilyn Nasi 707.539.8083 110 Valley Lakes Drive Santa Rosa, CA 95409 mbnasi91@comcast.net</p> |
| <p>SFBB: San Francisco Bay Bandits Priscilla Fife 916.616.6003 2241 Pacific Ave., #B Alameda, CA 94501 sfbaybandits@aol.com</p> | <p>SWS: Sacramento Walking Sticks Barbara Nuss 916.283.4650 P.O. Box 277303 Sacramento, CA 95827-7303 nussb@surewest.net</p> | <p>TTT: Tahoe Trail Trekkers Betsy McDevitt 530.412.4453 371 Cuckoo Court Applegate, CA 95703 betsywalks@gmail.com</p> |
|  | <p>VV: Vaca Valley Volks Tom Smith 707.449.0574 848 Stonegate Court Vacaville, CA 95687 smithkey78@gmail.com</p> |  |

CVA OFFICERS

| | | |
|---|--|--|
| <p>President Cathy Pauley 915.479.1060 3315-1/2 Cherryland Avenue Stockton, CA 95215 President@CVA4u.org</p> | <p>Secretary Diane Gomes 209.815.6042 1264 Sprague Street Manteca, CA 95336 secretary@CVA4u.org</p> | <p>Treasurer Steve Hughart 916.616.7150 P. O. Box 277303 Sacramento, CA 95827 hugharts@sbcglobal.net</p> |
| <p>Vice President, North Heidi Foster 916.792.1720 8887 Bluff Lane Fair Oaks, CA 95628 heidewalks@sbcglobal.net</p> | <p>Vice President, Central Priscilla Fife 916.616.6003 2241 Pacific Avenue #B Alameda, CA 94501 VP-Central@CVA4u.org</p> | <p>Vice President, South Maureen Carlson 909.227.5319 30268 Gulf Stream Dr. Canyon Lake, CA, 92587 mwoodchem@yahoo.com</p> |
| <p>The COMPASS Staff Editor Suzi Glass 408.592.3935 5562 Vassar Drive San Jose, CA 95118 glass2walk@gmail.com</p> | <p>Business Editor Jill Simmons 707.448.5148 304 Creekview Court Vacaville, CA 95688-5318 jillmail@sbcglobal.net</p> | <p>Mailing List, Donations & COMPASS Subscriptions Jean Lucas 530.848.5362 2423 Regis Drive, Davis, CA 95618-2543 jeanb@dcn.org</p> |

COMPASS SUBSCRIPTION DEADLINES

Subscribe by May 15th for 2 issues in 2024
 Subscribe by August 15th for the last issue in 2024
 Subscribe by November 15th for all 4 issues in 2025
 Subscribe by February 15th for 3 issues in 2025

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3356 Balada Way
Rancho Cordova, CA 95670
californiavolks2019@gmail.com

Message from the Prez, Cathy Pauley,

I am very excited for the annual CVA Convention and Business Meeting. It will be a jam-packed meeting, so I am hoping we have good participation.

I want to thank Marilyn Nasi and Tom Smith publicly again for their outstanding job in securing our hotel, meet and greet, dinner and meeting space for the 2024 CVA Convention and Business Meeting. In fact, the hotel sold out of the rooms put aside for convention-goers.

A reminder that the 2024 Convention is April 26-28, 2024, with the business meeting on April 27. Please make sure you share all the information with your club members so they can get their registration sent in to Marilyn. If hotel reservations were not already made, your members will either be paying a higher fee, or they may need to make reservations at a neighboring motel.

By the time you receive this *COMPASS* you should have received additional motions being presented as well as a slate of officers. Please read the emails from Diane Gomes, CVA Secretary or me and get the information out to your delegates.

I have been emphasizing the importance of having an “elevator pitch” on all the sanctioned walks. I have gone in and added an elevator pitch on many of the sanction requests and then let the walk POC know I did that. The importance of elevator pitches and map descriptions is a topic of discussion in the February *Checkpoint*. Mike Green shared that so far in 2024, there are 2,243 YRE/SE/TEs. Among these events, there are 369 events with no Elevator Pitch (aka, Short Description) and 477 events with no Mapping Phrase. He said clubs can determine which YRE/SE/TEs are missing these items by going to their sanctions page and looking for the yellow “Missing Items” icons. Moving your mouse over a Missing Items icon will indicate what item or items are missing. (If there is no Missing Items icon for a listed event, then that event has an Elevator Pitch and Mapping Phrase.) He is asking club presidents to go in and update any walks with these elements missing. He explains how to do that on Page 7 in the February *Checkpoint*.

In closing, I want to explain my photo this quarter. I went on a short-term mission trip to Thailand from Jan. 23-Feb. 7. I led a team of four people – Monte, left, me, Jamie and Tatum, and we spent 12 days in Northern Thailand (not too far from the Myanmar border) with the Hillstribes People (mainly Karen and Hmong).

Your Prez, Cathy



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.

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.

Look Who's Walking!

The California walkers listed received Event Awards, as noted in the December edition of *The America Wanderer*. Please high five or fist bump their achievement when you see them. Names with an * earned more than one award. Here is the highest number of Events they completed.

| Name | Total Events |
|------------------|--------------|
| Debbie Thomas | 225 Events |
| Pam Benedict * | 375 Events |
| Phyllis Wichelns | 425 Events |
| Theresa Ihara | 600 Events |
| Myrna Jackson * | 4,400 Events |



Look Who's Walking!

These walkers from California clubs garnered mileage awards, according to the December, 2023 issue of *The American Wanderer*. Please congratulate them when you meet them on the trail. Names with an * earned more than one award. Here is the highest mileage they finished.

| Name | KM's |
|-----------------|-------------|
| Pam Benedict * | 3,500 KM's |
| Debbie Gley * | 6,500 KM's |
| Holly Pelking * | 25,000 KM's |
| Myrna Jackson | 45,000 KM's |

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Now is the time to

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THE COMPASS



The Compass publication is a quarterly publication published by the California Volkssport Association with 4 issues a year. Subscriptions are on a calendar year basis. If you start during the year, your subscription fee is prorated (see chart). Please fill in the information below:

Name: _____

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Please make your check for the suggested donation payable to The California Volkssport Association (CVA).

| Subscribe by: | Amount Due: |
|--|--------------------|
| May 15 th (for 2 of this year's issues) | \$7.50 |
| August 15 th (for 1 of this year's issues) | \$3.75 |
| November 15 th (for next year's 4 issues) | \$15.00 |
| February 15 th (for 3 of the year's issues) | \$11.25 |

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

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

Thank You!

See You On The Trails...

Questions: Call Jean Lucas at 530-848-5362 or email her at jeanb@dcn.org

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.DeltaTuleTrekks.org

LDR:

www.LowDesertRoadrunners.org

PP: www.PlacerPacers.org

SBS: www.SBStriders.org

SCS:

www.SonomaCountyStompers.org

SFBB: www.facebook.com/SanFranciscoBayBandits

SWS:

www.SacramentoWalkingSticks.org

TTT: www.TahoeTrailTrekks.org

VVV: www.VacaVolks.org

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 the CVA Convention and up-coming walk events.

SPECIAL EVENT PROGRAMS

Clubs often sponsor Special Event Programs to enhance your walking experiences. Finding that specialized music store or nearly forgotten Veteran's Memorial are discoveries that give new perspectives.

Program completers receive an award. The 17 Special Event Programs for 2024 include two new national ones, as well as *University Walkin'* for the Pacific Region states (AZ, CA, HI and NV) and the 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 2024* book and on the AVA web page under the 'Events' tab.

2024 Special Programs

| Abbrev | Program Name | Ends |
|--------|---|--------|
| Air | Airports | 2023 |
| AT | Appalachian Trail | 2028 |
| BC | Border Crossings | 2023 |
| GL | Great Lakes - Great Fun, Great Fitness, Great Friendships | 2023 |
| Laby | A-MAZE-ing Labyrinths | 2026 |
| Light | Lighthouses II | 2025 |
| Par | Par for the Course | 2025 |
| R-to-T | Rails to Trails | 2025 |
| Step | Step to the Beat | 2026 |
| TH/CH | Town Hall/City Hall | 2024 |
| Univ | University Walkin' (Pacific Region) | 2024 |
| USA | Walk USA A-Z | no end |
| Vet | Walking with America's Veterans | 2027 |
| WLO | Walk Like an Olympian | 2023 |
| WwW | Walking with Woody (California) | 2023 |
| 50St | 50 States | no end |
| 51 Cap | 51 Capitals | no end |

For programs with ending dates of 2023, you may still turn in competed books and receive awards in 2024.

2024 AVA National Walking Week by California Clubs

| Date | Club | Reg. Time | Location | Walk | Meet | Contact | Phone |
|-------|------|-------------|-----------------|--|---|--------------------|----------------------------|
| 04/01 | SW/S | 9:15am | Sacramento | American River (Y) | Starbucks, 610 Watt Ave, Sacramento 95864 | Beverly Bales | 916.488.8570 |
| | SBS | 10:00am | San Jose | Hellyer Park/ Coyote Creek (Y) | Shady Oaks Park, 948 Coyote Rd, San Jose, 95111 | Suzi Glass | 408.592.3935 |
| | PP | 4:30pm | Auburn | Placer County Museums (Y) | Flour Garden Bakery, 340-C Elm Ave, Auburn, 95603 | Jan Jerabek | 916.253.9501 |
| | SW/S | 6:15pm | Elk Grove | East Elk Grove Recreation Trails (Y) | Starbucks, 8868 Bond Rd, Site 100, Elk Grove, 95624 | Paul Robb | 916.430.6649 |
| 04/02 | SW/S | 9:15am | Sacramento | Sierra Oaks Vista (Y) | Starbucks, 610 Watt Ave, Sacramento, 95864 | Beverly Bales | 916.488.8570 |
| | SFBB | 10:00am | San Francisco | Golden Gate Park (Y) Eastern part, near Stowe Lake | Seal Rock Inn, 545 Pt. Lobos at 49th, San Francisco, 94121, then drive to start | Mary Bond | 415.336.0609 |
| | SW/S | 6:15pm | Sacramento | Ashton Park (Y) | Starbucks, 610 Watt Ave, Sacramento, 95864 | Beverly Bales | 916.488.8570 |
| 04/03 | DTT | 9:00-9:30am | Modesto | Stanislaus County (Y) | Starbucks, 800 Oakdale Rd, Modesto, 95335 | Diane or Jim Gomes | 209.875.6042 |
| | SW/S | 9:15am | Sacramento | Midtown to East Sac (Y) | CVS Pharmacy, 5039 Folsom Blvd, Sacramento, 95819 | Gail Samcoff | 916.429.8377 |
| | SBS | 5:45pm | San Jose | San Jose - Almaden Lake (Y) | Almaden Lake Village Office, 1045 Coleman Rd., San Jose, 95123 | Suzi Glass | 408.592.3935 |
| | SW/S | 6:15pm | Davis | Davis University (Y) | Fleet Feet Sports, 615 2nd St, Davis, 95616 | Amul Purohit | 530.400.1106 |
| 04/04 | CVA | 10:00am | Sacramento | Capitol - Wayne Holloway Memorial Walk (Y) | Sandman Best Western Motel, 236 Jibboom St, Sacramento, 95814 | Heidi Foster | 916.792.1720 |
| | TTT | 10:15am | Carson City, NV | Capital Neighborhoods (Y) | Mugget Casino, 507 No Carson St, Carson City, NV 89701 | Judy Gordon | 775.843.4503 (day of walk) |
| | SW/S | 6:15pm | Sacramento | The Fab '40's (Y) | CVA Pharmacy, 5039 Folsom Blvd, Sacramento, 95819 | Gail Samcoff | 916.429.8377 |
| 04/05 | SW/S | 7:30am | Sacramento | Curtis Park (Y) plan on breakfast during walk | Vic's Ice Cream Parlor, 3199 Riverside Blvd, Sacramento, 95818 | Jennifer Stanley | 916.456.6536 |
| | SW/S | 6:15pm | Elk Grove | Elk Grove Regional Park (Y) | Emerald Park Plaza, Old Town Pizza & Tap House, 9677 Elk Grove-Florin Rd, Elk Grove 95624 | Paul Robb | 916.430.6649 |

| | | | | | | | |
|-------|------|---------|-----------------|---------------------------------------|--|---------------|--------------|
| 04/06 | SWS | 9:15am | Sacramento | Arden Park (Y) | Starbucks, 4301 Arden Way, Sacramento, CA 95864 | Myrna Jackson | 916.481.6714 |
| | SCS | 9:45am | Sonoma | Sonoma County (Y) | Best Western Wine Country inn, 550 Second St West, Sonoma, 95476 | Marilyn Nasi | 707.486.8528 |
| 04/07 | VVV | 9:00am | Benicia | Benicia State Recreation Area (Y) | Starbucks, 90 Solano Square, Benicia, 94510 | Tom Smith | 707.628.9808 |
| | SWS | 9:15am | West Sacramento | Clarksburg Branch Line Trail (Y) | Nugget Market, 2000 Town Center Plaza, West Sacramento, 95691 | Susan Martimo | 916.705.9599 |
| | SFBB | 10:00am | Alameda | Bay Fair Island (Y) or Victorians (Y) | Café Au Lait, 3215 Encinal Ave, Ste D, Alameda, 94501 | Pat Thomas | 925.405.7398 |
| | SBS | 4:30pm | San Jose | Rose Garden (Y) | park behind Zanotto's Market, 1970 Naglee, San Jose, 95126 | Suzi Glass | 408.592.3935 |
| | LDR | | | | Check the club's MeetUp schedule in "Volkswalking in So. California" or their website www.LowDesertRoadrunners.org | Kathy Bundy | 951.218.3755 |

The Placer Pacers invite you to walk in Auburn CA.

Saturday April 20, 2024

5k & 10k
(3.1 or 6.2 mi.) walks
Sanction# 126813-2024

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

Start: 9 am to noon. **Finish** by 3pm.

Trail Rating: Canyon walk (5k) or Canyon +Town Walk (10k) **both are rated 2A**

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

Registration Fees: All walkers \$4.00.

Donations appreciated.

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

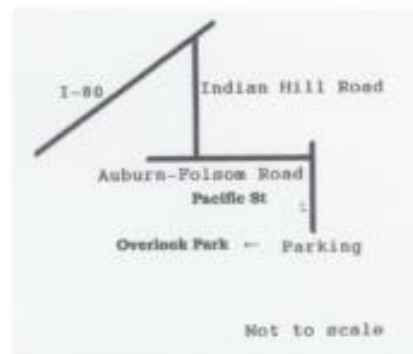
Miscellaneous: Water and restrooms at the Start/Finish with a Port-A-Pottie on the trail. Pets are permitted on a leash with cleanup. Both walks are suitable for strollers, but not wheelchairs. This walk event will take place regardless of the weather.

Point of Contact/Additional Information:

Warren Tellefson 530- 305-5479

e-mail: wtellef@sbcglobal.net

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



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**2024 CVA
Annual Convention
Rohnert Park, CA**

April 26-28

Hosted by

**Sonoma County Stompers &
Vaca Valley Volks**



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



For more information, visit
<https://my.ava.org/find-an-event.php> (Search by state - California)

HOTEL:

Hampton Inn, 6248 Redwood Dr., Rohnert Park, 94928. **Hotel Registration:** Discounted room rates were contracted - rooms remain as of this typing. Otherwise, you may place your name on a wait list. A hot breakfast and Wi-Fi is included. Parking is free.

Call (707) 586-8700 (do not press 'one', wait on hold) and use code 'SCS' or 'SCS2' for your booking. You can also book online at:

<https://group.hamptoninn.com/vl2fyd>

The **booking deadline is March 20, 2024.**

There are many other hotels in the area with competitive pricing.

RV's:

KOA in Petaluma – 20 Rainsville Rd. Petaluma, CA 94952. (707) 763-1492

Sonoma County Fairgrounds RV Park. 1500 Aston Ave, Santa Rosa, CA 95404. (707) 293-8410

DIRECTIONS:

Take 101 North to Rohnert Park: exit Rohnert Park Expressway (483), turn left over 101 and turn right on Redwood Dr., turn right at America's Tire – Hampton Inn is on the left.

Take 101 South to Rohnert Park: exit Rohnert Park Expressway (483), turn right, then turn right on Redwood Dr., and turn right at America's Tire – Hampton Inn is on the left.

CHECK-IN & START TABLE:

Hampton Inn, 6248 Redwood Dr., Rohnert Park, breakfast area. Pick up name badge, meal ticket and walk directions.

Friday, April 26 – Noon-4:00pm

Saturday, April 27 - 9:00am-Noon

Sunday, April 28 – 9: 00am-Noon

WALKS:

Walk 1: Rohnert Park. 5K & 10K rated 1A. This walk offers a walk through Sonoma State University, site of a Vietnam Veterans Memorial Grove and the Green Music Center, designed to match the aesthetics of Tanglewood. Easy for strollers and wheelchairs. Pets OK. (R-to-T, VET, UNIV, STEP)

Walk 2: Cotati. 5K & 10K rated 1A. Cotati was named for Miwok Chief Kotate. You will see the unusual hexagonal downtown plaza - there is only one other in the U.S. You will walk along a portion of the Laguna de Santa Rosa. Not recommended for strollers and wheelchairs. Pets OK. (VET, PAR, STEP)

Walk 3: Santa Rosa. 5K & 10K rated 1A. Easy for strollers and wheelchairs. Santa Rosa offers the Luther Burbank House and Gardens, some movie locations and more. Special Programs: City Hall, Rails to trails, and Step to the Beat. Pets OK.

Walk 4: Sonoma. 6 K with Labyrinth rated 1A. Easy for strollers and wheelchairs. Pets OK. **Note:** *This walk is about 23 miles from Rohnert Park.* (R-to-T, VET, PAR, STEP)

Walk 5: Calistoga. 5 K with Labyrinth rated 1A. Easy for strollers and wheelchairs. Pets OK. **Note:** *This walk is about 25 miles from Rohnert Park.* (R-to-T, PAR, STEP)

RESTROOMS AND WATER: Restroom and water available at the start/finish and along the trails. Pets are OK on all events.

SHOPPING BAG & GOODIES:

We have Santa Rosa bags and several mementos to help you remember your visit to Sonoma County. All donated by Chambers of Commerce/California Welcome Center in the cities we walk.



KEY EVENTS / TIME / LOCATION:

Meet & Greet (free): Friday, April 26 from 5pm-6pm at Hampton Inn Breakfast area, 6248 Redwood Dr., Rohnert Park. Catch up with old & new friends while enjoying light hors d'oeuvres and non-alcoholic beverages.

Delegate registration: Saturday, April 27, 12:30pm-1:00pm. Garden Room, Community Center, 5401 Snyder Ln, Rohnert Park.

Saturday CVA business meeting: Garden Room, Community Center, 5401 Snyder Ln, Rohnert Park. Meeting 1:00pm-4:00pm

Group Dinner: Saturday, April 27 at 6pm (pre-registration only) Italian cuisine at Mary's Pizza Shack, 101 Golf Course Dr. Rohnert Park. Meet at 5:30ish for a no-host bar and mingling before the 6pm dinner. Dinner includes a choice of three entrees, with salad and dessert. Special dietary accommodations are available (please note on your Registration Form).

Pre-Registration form with payment must be received by APRIL 12, 2024

Name _____

Address _____

City/State/ZIP _____

Phone _____ e-mail _____

Make your check/money order payable to Sonoma County Stompers (no cash please) and **mail to:** Sonoma County Stompers, c/o Marilyn Nasi, 110 Valley Lakes Dr, Santa Rosa, CA 95409-6237

Sorry, no refunds for no-shows. **FOR MORE INFORMATION,** please contact Marilyn Nasi, 707-486-8528.

Walk 1: IVV Credit \$4_How many?__ Total \$ _____

Walk 2: IVV Credit \$4_How many?__ Total \$ _____

Walk 3: IVV Credit \$4_How many?__ Total \$ _____

Walk 4: IVV Credit \$4_How many?__ Total \$ _____

Walk 5: IVV Credit \$4__How many?__ Total \$ _____

Friday Nite Meet & Greet (free) Yes or No (please circle one) If Yes, how many _____

Saturday, April 27 - 6 pm Group Dinner - \$35
How many?__ Total \$ _____

PAYMENT DUE APRIL 12th!

** REMINDER: 5/10 - Deadline for 3rd Q 2024 COMPASS Articles **

** DEADLINE: 5/15 - SUBSCRIBE for 2 COMPASS issues in 2024 **



The DELTA TULE TREKKERS
Invite you to
Walk Among the Tall, Tall Trees

CALAVERAS BIG
TREES
STATE PARK

JUNE 8, 2024
Sanction# 126792-2024



North Grove Parking Lot
1170 E. State Hwy 4, Arnold, CA 95223

Start Time: 8:30am.-12:00pm.
Finish: 3:00 pm.
Distances: 5K and 10K
Trail Ratings: 5K -1A 10K - 2B

Fee: AVA Credit only \$4.00.

A beautiful walk on paved and dirt trails and fire roads through the woods. The Three Senses Trail and North Grove Big Trees Trail are included in the walk. There are hills on the 10 K walk.

Special Programs R-to-T, County – Calaveras.

Miscellaneous: Water and restrooms available at the start and along the route. Wheelchairs and strollers advised to do 5K. Dogs are welcome on leash in campgrounds and along fire roads. Camping is available in the park. Make reservations at ReserveAmerica.com 1-800-444-7275

Additional Information: There is a park entrance fee. \$10.00, \$9.00 Seniors. Carpooling advised.

Contact: Joan Sykes at 209-931-0557, or the club website, www.deltatuletrekkers.org

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



Invite you to walk the campus of the
University of California, Santa Cruz
Saturday, June 29th
Sanction# 126829-2024

Location: East Remote Parking Lot,
Hagar Drive, Santa Cruz, 95054

Start: 9:00am-12:00pm **Finish** by 3:00pm

Distances: 5 & 10km **Trails Rated:** 2B

Description: The route is completely on the hills of UCSC, with its towering redwoods, unique arboretum and bridge system over deep ravines. Enjoy the beautiful sculptures and murals around campus. Allow extra time to savor this walk!

Fee: \$4. Guests welcome; donations appreciated.

Parking: Use ParkMobile by downloading the App on Google Play or Apple App Store and set up your profile with license plate and payment info. Enter ParkMobile zone # and parking duration (hr/day)

Special Programs: Co: SCruz, Univ, WwW.

Miscellaneous: Water and porta-potty at start. Both routes medium for strollers and hard for wheelchairs. Route is hilly with many stairs. Alas, no pets, please.

Contact: Holly Pelking 408.859.7978 or SBStriders.org.

Directions: Highway 880 becomes CA-17. Take it South toward Santa Cruz. Turn Right onto CA-1 North/Mission St (signs for Half Moon Bay). After about 2.5 miles, turn Right onto Highland Ave, then Left onto High St. One mile later, turn Right on Coolidge Dr, then 0.4 mile later, Left on Hagar Dr. In 0.7 mile, turn Right, then Left, and Right into the East Remote Parking Lot.

2024 Year Round & Seasonal Event Changes since Q1 Issue

Call POC or Check AVA website (my.ava.org/events tab) for latest information and more details
OSB = Online Start Box. Entries with OSB are online only. Go to my.ava.org to get started.

Avila Beach - Co: SLO- walk Avila Beach (Y1963), start: Pismo Lighthouse Suites, 2411 Price St, Pismo Beach, CA 93449, POC: Ty Fredriks 805.714.1552 by CCBB *Drive to remote start after registering.*

Carmel - Co: Mont - Point Lobos walk (Y0445) start: Lopez Taqueria, 500 Del Monte Ave, Monterey, CA 93940, POC: Suzi Glass, 408.592.3935 by SBS *Drive to remote start after registering.*

Folsom - Co: Sac - walk Historic (Y0165), start: remote registration only. Contact POC: Heidi Foster 916.792.1720 or Heidiwalks@sbcglobal.net

Healdsburg - Co: Son - walk Wine Country (Y0415), **CLOSED** *Looking for new start point*

Los Olivos - Co: SB - Wine Country walk (Y2357), start: Corner House Café, 2902 San Marcos Ave, Los Olivos, CA 93441, POC: Ty Fredriks 805.714.1552 by CCBB

Menifee - Co: Riv - 3 walks: Menifee Lakes (Y1212), Menifee Valley (Y1213) & Sun City Residential Unique Landscapes (Y0701), start: Menifee Inn, 27680 Encanto Dr, Sun City, CA 92586, POC: Kathy Bundy 951.218.3755 by LDR

Oceanside - Co: SD - walk San Diego County (Y1750), start: OSB only, POC: Kathy Cole 951.551.9723, by LDR

Riverside - Co: Riv - walk Mt. Rubidoux & Mission Inn (Y1478), start: OSB only. POC: Sue Obradovitz 951.333.6806, by LDR

Sacramento - Co: Sac - 2 walks: Curtis Park (Y0968) and Jane Graham's Land Park Loops (Y1039), start: Sprouts Market, 4408 Del Rio Rd., Sacramento, CA 95822, POC: Jennifer Stanely 415.516.5671, by SWS

Sacramento - Co: Sac - River & Miller Park - WALK CLOSED by SWS

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

Sacramento - Co: Sac - walk North Laguna Creek Wildlife Area (Y1043), start 24 Hour Fitness, 8785 Center Parkway, Sacramento, CA 95823, POC: Eva Nelson 916.261.9016, by SWS

Santa Cruz - Co: SCruz - walk Natural Bridges (Y0328), start: Togo's Sandwich Shop, 902 Ocean St, Santa Cruz, CA, 95060, POC: Holly Pelking 408.859.7978, by SBS *Drive to remote start after registering.*

West Sacramento - Co: Yolo - River Walk (Y0545), start: Arthur F. Turner Community Library, 1212 Markley Ave., West Sacramento, CA 95691, POC: Susan Martimo 916.705.2599 by SWS **CLOSED SUNDAYS**

Wildomar - Co: Riv- walk Riverside County (Y1761), start: Montague Brothers Coffee, 21545 Palomar St, Wildomar, CA 92595, POC: Kathy Bundy 951.218.3755, by LDR

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

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

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2024 Second Quarter Events in California

| No. | Date | | Clubs | Location | |
|-----|---------------|---|--|---|-------|
| | 04/01 - 04/07 | W | CVA,DTT,LDR, PP,SBS,SCS, SFBB, SWS, TTT, VVV | National Walking Week - for all walks, see pg 10 & 11 | |
| 1 | 04/20 | W | PP | Auburn: American River Canyon Overlook | Pla |
| 2 | 04/26-04/28 | W | SCS & VVV | CVA Convention - Cotati Walk | Son |
| 3 | 04/26-04/28 | W | SCS & VVV | CVA Convention - Rohnert Park Walk | Son |
| 4 | 04/26-04/28 | W | SCS & VVV | CVA Convention - Santa Rosa Walk | Son |
| | 05/10 | | All | COMPASS articles due for the Third Quarter | |
| | 05/15 | | All | Subscribe to The COMPASS for 2 issues in 2024 | |
| 5 | 06/08 | W | DTT | Arnold - Calaveras Big Trees State Park | Cala |
| 6 | 06/29 | W | SBS | Santa Cruz - University of Santa Cruz | Scruz |

