

The *COMPASS*

A Publication of the *California Volkssport Association*

October *November* *December* *2024*



*Low Desert Roadrunners on one of their
Year Round Walks in San Diego.*



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



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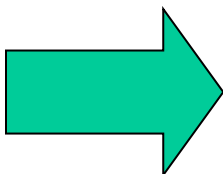
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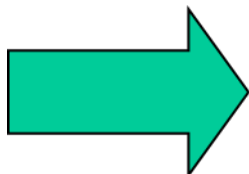
**AVA's Vision: Increasingly
 engage Americans in lifelong
 walking and other
 noncompetitive physical fitness
 activities.**

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

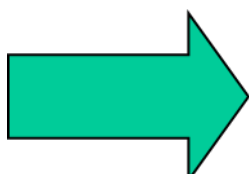
<u>COMPASS Article Deadlines</u>
November 10 for Jan., Feb. & March events
February 10 for April, May & June events
May 10 for July, August & September
August 10 for Oct., Nov. & Dec events
send to Suzi Glass: glass2walk@gmail.com



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Subscribe see Page 15





This page is for YOU, 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 2025, the Convention will be held in Livermore June 6-8.

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>VVV: Vaca Valley Volks Tom Smith 707.628.9808 848 Stonegate Court Vacaville, CA 95687 smithkey78@gmail.com</p>	

CVA Officers

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

Message from the Prez, Cathy Pauley,

Hi Folks,

There have been some changes in appointed and elected officers since the last edition of *The COMPASS*. Jill and Bud Simmons moved to Tennessee, so our COMPASS Business Editor position has changed to Editing and Publishing Liaisons. Judy Gregory had to step down as Webmaster because she has become a full-time caregiver, so I talked to our CVA Secretary Diane Gomes who is gifted as a Webmaster. She agreed to take on the appointed position as Webmaster and stepped down as CVA Secretary. This leaves a vacancy in the CVA Secretary position.

I would ask that you reach out to your club members to help us fill the Secretary position for the remaining term which will end at the 2026 CVA Convention. We also need a nominating committee put together for the 2026 offices – President, VP South-Central, VP North, Secretary and Treasurer. Our VP North is the only one eligible to run for a second term. Please reach out to me if you or a club member is willing to serve on the nominating committee. Our organization **will not survive** without people willing to take on the role of an officer. In addition, the Deputy PARD would like someone to step up and take over that very important role.

I'm excited to share that the SF Bay Bandits and the Delta Tule Trekkers are hosting the 2025 CVA Convention in Livermore from June 6-8, 2025. The Hampton Inn Livermore, 2850 Constitution Drive, is giving us a great room rate of \$139 plus taxes (\$153.37) with a choice of two queens or one king. The Group Code is: **CVA**. You can start making your reservations now by calling (925) 606-6400 or www.staylivermore.com. Parking and breakfast included.

All the Year-Round walks should be sanctioned by the time you read this. All the clubs are doing great walk descriptions and following some best-practice ideas that I emailed out in July. Keep your *COMPASS* close at hand as we come into the cooler months and fun walks created around the fall festivities.

Let me share about this edition's photo. I co-lead a group of disabled adults called the Good Shepherd Family. We take 45 disabled adults to Tahoe City bi-annually. This year our theme was based on Scuba diving (hence the background) and I am standing with one of my charges, Nellie. (I did put in the steps that week!!)

May the cooler weather give you incentive to walk.

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.**

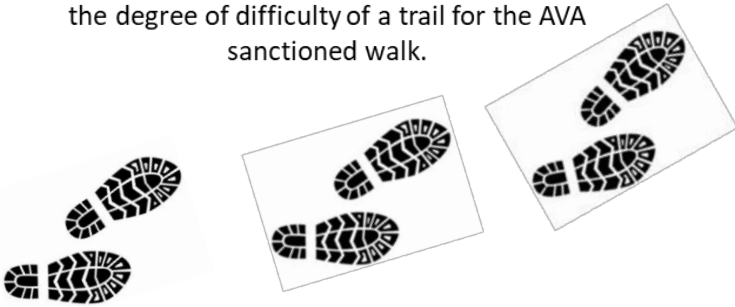
REFRESHMENTS: Water will be available at the Start/Finish and control points. Other refreshments are often provided either at the Start/Finish or at the control points. It is a good idea to carry water, especially in warmer weather.

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.



YOU ARE INVITED TO WALK

HISTORIC WINTERS

SATURDAY, OCTOBER 12TH

Sanction: #127107-2024

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.

SPONSOR: Vaca Valley Volks

LOCATION: City Park, 399 Main St., Winters, CA

START: 8:00 am to Noon. **FINISH:** 4:00 pm

TRAIL RATING: 1A **DISTANCES:** 5K, 10K

SPECIAL PROGRAMS: Par, TH/CH, USA

DESCRIPTION: Winters is a small farming town that harkens back to a simpler time. Despite its small size Winters is home to unique shops, restaurants, galleries, and a one-of-a-kind coffee shop. The museum tells of “Remembering Monticello”, “The Lost Japanese Community”, etc. The place retains its character and avoids the traffic congestion and suburban clutter of faster-growing No. CA areas.

MISCELLANEOUS: The walks are on city streets OK for wheelchairs and strollers. Free ample parking near the park; water and restrooms available near the start, at the park, at the 4th St park, and along the route. Dogs on leash with clean-up are OK.

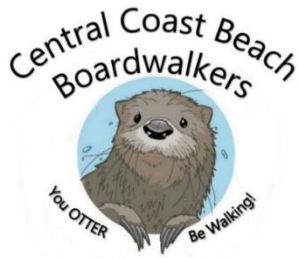
FEES: Credit, Non-Credit, and Guest is \$4. First time walkers and children under 12 are free but must sign the start card/liability release.

POINTS OF CONTACT: Tom Smith, 707.628.9808; smithkey78@gmail.com and Steve Dmytriw, 707.447.8067.

DIRECTIONS: *From Sacramento:* West on Hwy 80, take Hwy 505 in Vacaville to Winters exit. L on Hwy 128, L on 4th St, R on Main St to City Park.

From San Francisco: East on Hwy 80, take Hwy 505 in Vacaville to Winters exit. L on Hwy 128, L on 4th St, R on Main St to City Park

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The Central Coast Beach Boardwalkers present:
Scarecrows and Amazing Views
(with a nature preserve & an Elfin Forest thrown in for good measure :)
Spend a Weekend in Relaxing Cambria & Los Osos

- **5K/10K Scarecrow and Nature Walk in Cambria on Sat, Oct 19** (Sanction: #119317-2024)
- **5K/10K Los Osos/Baywood Park Walk on Sunday, Oct 20** (Sanction: #127199-2024)

Special Programs (Sat): Clocks, Par, TH/CH, Vet

Special Programs (Sun): Par, 10k & 12k Step

Start Location: The Bluebird Inn, 1880 Main St, Cambria, CA 93428.

Sunday Start Location: Los Osos Community Park, 2180 Palisades Ave, Los Osos, CA 93402

Start/Finish Times: Sat 5k/10k Walk Start 8:00 am-12:00 pm / Finish by 3:00 pm.

Sun 5k/10k/12k Walk Start 8:00 am-11:00 am / Finish: 2:00 pm

Trail Ratings: Sat 5k: 1A Sat 10k: 2B Sun 5k: 1A Sun 10k: 1A 12k: 2C



Escape the heat for a weekend with walks along the beautiful, cool Central Coast of California! On Saturday, revisit our YRE in Cambria, with Scarecrows and Moonstone Beach! Sunday takes us back to the quiet beach community of Los Osos/Baywood Park, with sweeping vistas of the Morro Bay Estuary (including Morro Rock in the distance) and the Central Coast's very own Elfin Forest, a prehistoric stand of pygmy oak trees that has withstood the harsh environment for centuries.

Routes: Our Saturday walk sends you on a Scarecrow Adventure! View over 100 life-sized scarecrows representing movie stars, historical figures, even cavemen and dinosaurs! Our 10k combines the best Scarecrow displays with a scenic walk along the beautiful Moonstone Beach Boardwalk and returns along the wooded path following Santa Rosa Creek.

The paved 5k city walk route is okay for strollers and wheelchairs, but not recommended for the 10k walk. River Walk path not suitable for wheelchairs. Alternate Moonstone Beach Walk available. Dogs ok everywhere (with leash and cleanup). Restrooms and water available on routes. Off-leash dog park near hotel.

Our Sunday walk brings us back to relaxing Los Osos and Baywood Park, two coastal beach communities that offer beautiful views and a laid-back vibe. Visit quiet residential neighborhoods featuring small, nautical-themed homes as well as multi-million dollar ocean-front estates. The crown jewel on the 12k extension is the El Moro Elfin Forest, a centuries-old, 90-acre wildland with six distinct environment types. A wheelchair and stroller-accessible boardwalk of almost a mile in length takes you around the park, with informative boards that highlight the many natural wonders of the area.

Fees & Miscellaneous: Credit is \$4.00 per event or you may walk for \$2.00 if no credit is desired. Special discounted room rates available at the Bluebird Inn. Limited pet-friendly room availability; call 805-927-4632 and tell Fal you are with the walking club.

Pre-registration: An evening no-host dinner will be held right next to our host hotel for up to 25 walkers at the Indigo Moon Restaurant. Please sign up on this [Google Form](#) by Oct 14 so we may give staff an approximate head-count:

<http://bit.ly/CambriaWalkDinner>

Saturday Directions: The Bluebird Inn, 1880 Main St, Cambria, CA 93428. From the North: Highway 101 South to 46 West (exit 228) to Highway 1 North. Exit right onto Main St and follow around for 1.8 miles to destination on the left. From the South: Highway 101 North. Exit 203B to CA-1 North. Follow exit around to turn right onto Santa Rosa/CA-1. Follow Highway 1 for 32 miles to Main Street exit. Follow around for 1.8 miles to destination on the left. Google Search: The Bluebird Inn Cambria

Sunday Directions: From Highway 101 North or South: Exit #200 Los Osos Valley Road, head west toward the ocean for 10.3 miles and turn right onto Palisades Ave. Turn right into the parking lot and look for pop-up just past the play structure. Google Search: Los Osos Community Park

Additional Information: Call or email the POC Ty Fredriks at 805-714-1552 or tyandginger@gmail.com

CVA Pin on Sale Now!!



Get your new California Volkssporter Pin for only \$4.00. Contact Betsy McDevitt



to place your order. betsywalks@gmail.com or 530-412-4453 Betsy will have pins at up-coming walk events.

THE DELTA TULE TREKKERS

Invite you to a **SPOOKY WALK**

OCTOBER 26, 2024

Sanction: #127610-2024

Caswell Memorial State Park

28000 Austin Rd., Ripon, CA 95366

Start Time: 8:30am–12:00pm **Finish by** 3:00pm.

Distances: 10K & 5K **Trail Rating:** Both - 1-B

Fee: \$4.00 – First time walkers free.

Special Programs: R-to-T, USA A – Z, WwW

Description: Join us at a Spooky Halloween event. We'll walk through a forest of old oak trees, hanging vines, and wild grapes along dirt & paved trails. **Beware! Ghosts & goblins may be lurking along the trails.** All invited to a barbecue beginning at 11:00am (donation), and a costume contest after lunch. Prizes for the best. Be sure to bring or wear your costume.

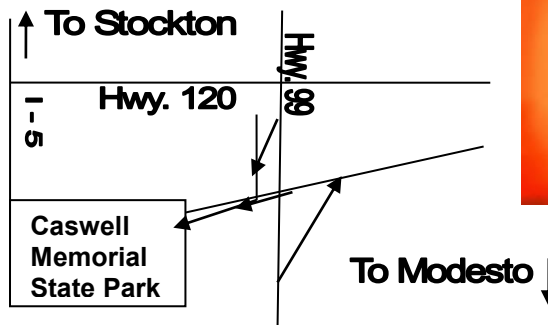
Camping is available in the park. Reservation not necessary. Park entrance fee of \$10.00 per car, (\$9.00 for seniors.) For campers, entrance fee is included in the camping fee.

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

Additional Information: Contact Joan Sykes 412-337-2538 or deltatuletrekkers@inreach.com.

Directions: Southbound: Hwy 99 South of Stockton to Exit #240, Austin Rd. Exit and **left on frontage road** to Austin Rd. Right on Austin Rd., over the railroad tracks 6 miles to the Park. At kiosk pay Day-Use Fee then straight ahead to Big Meadows Picnic area, 2nd road on left.

Northbound: Hwy. 99 to Austin Rd. Exit #240. Left on Austin Rd., over railroad tracks six miles to Park entrance. Continue as above.



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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.DeltaTuleTrekking.org

LDR:

www.LowDesertRoadrunners.org

PP: www.PlacerPacers.org

SBS: www.SBStriders.org

SFBB: www.facebook.com/SanFranciscoBayBandits

SWS:

www.SacramentoWalkingSticks.org

TTT: www.TahoeTrailTrekking.org

VVV: www.VacaVolks.org

San Francisco Downtown up & down walk for Hidden Gems & Surprises



Saturday, Nov 9, 2024

Sponsor: San Francisco Bay Bandits
Sanction: #127528-2024

START: Embarcadero Plaza, Market & Steuart Streets, San Francisco, CA 94111

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

DISTANCE, TRAIL RATINGS: 10K & 6K-1A

No hills & little stair climbing, entirely on pavement.

FEE: \$4.00 for IVV Credit and Non-IVV. \$2 for Guests.

First time walkers are free if no credit is desired.

SPECIAL PROGRAMS: Par, R-to-T, Step, Univ, USA, Vet, WwW

DESCRIPTION: San Francisco's story as a city begins in the 1840s and sails through two century marks to 2024, with cutting edge architecture, eclectic history, and one-of-a-kind personalities in its wake. You will get a taste of all those things. See places hidden when you stay at street level. Walk among 19th, 20th, and 21st century skyscrapers. Take an elevator to walk thru a 5 ½ acre botanical garden. Visit today's farmers' market and walk across the site of a 19th century farmers' market. Start your neck exercises, folks (those bldgs don't look up at themselves!) and google Kara Walker. You're in for a unique downtown SF experience!

MISCELLANEOUS: Restrooms (RR) near start in Ferry Bldgs & along route. Carry water but available in some stores. Cafes and picnic opportunities along route. Wheelchairs/Strollers OK with route adjustments. Dogs OK on leash with clean-up, **but not** in Salesforce Park.

POINT of CONTACT: Mary Bond 415.336.0609

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



** REMINDER: 11/10 - Deadline for 1st Q 2025 COMPASS Articles **

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.

** DEADLINE: 11/15 - SUBSCRIBE for ALL 4 COMPASS issues in 2025 **



LOOK WHO'S WALKING

As listed in the June issue of *The American Wanderer*, the California club walkers below achieved Event milestones. Be sure to note the award when you encounter them!
 Names with an * shows they reached more than one award.

Name	Total Events
Kathleen Lockwood	225 Events
Norm Hutcherson	250 Events
William Diaz	275 Events
Janet Riley *	1,050 Events
John Glass *	1,450 Events
Suzi Glass	1,900 Events
Marillyn Ratliff	2,100 Events
Barbara Nuss	2,200 Events
Don Ratliff	2,200 Events
Holly Pelking	2,400 Events



LOOK WHO'S WALKING

The June *American Wanderer* listed the following California club walkers with Kilometer milestones. Be sure to congratulate them when you see them on the trail!
 Names with an * shows they completed more than one Distance award.

Name	Kilometers
William Diaz	2,000 KM
Norm Hutcherson	2,500 KM
Theresa Peppers	2,500 KM
Bob Gley *	5,000 KM
Janet Riley *	9,000 KM
John Glass	12,000 KM
Suzi Glass	21,000 KM
Holly Pelking	26,000 KM



Come Walk with The Delta Tule Trekkers:
Christmas at Sutter Creek

December 7, 2024

Sanction: #127611-2024

Registration/Start location: Parking lot at
 18 Eureka St., Sutter Creek, CA 95685

Start time: 8:30am. to noon. **Finish** by 3:00pm.

Distance: 5k and 10k **Trail Ratings:** 2B – both.

Special Programs: Step, Th/Ch, Vet, & Walk USA.

Fee: Credit only \$4.00 First time walkers free.

Description: A beautiful Holiday walk through a Gold Rush era town filled with history. The Miners Bend Park is along our route. There are some hilly streets to give our legs a bit of a stretch. Many unique shops for those special gifts, as well as many eateries for a special treat. All of the town will be decked out for the Holiday Season reminding us of the reason we celebrate this time of year. Docents wearing old-timey costumes may be caroling along Main Street! A craft fair may be going on in the auditorium. It's that wonderful time of year!

Miscellaneous: Wheelchairs and strollers are not recommended on this walk. Restrooms and water available at the start and along the route. An adult must sign for and accompany a minor. Dogs are welcome on leash, and we must clean-up after them.

Contact: Wanda Martin 209-565-7729 or e-mail deltatuletrekkers@inreach.com.

Directions: From Stockton, Hwy 99, Exit #255: Follow Hwy 88 East through Lockeford and Clements. A short distance past Clements, at a traffic light, Hwy 88 will turn left. Continue on Hwy 88 about 15 miles to Ridge Rd. Hwy 104 (traffic light) on left. Left on Ridge Rd. one mile to Hwy 49. Left on Hwy 49 keeping in right-most lane a very short distance to Old Hwy 49. Right on Old Hwy 49 down into Sutter Creek. You are now on Main St. The City Hall Auditorium is on the right. Continue on Main St. one block to Eureka St. Right on Eureka St. to parking lot on right. Look for **AVA WALK** sign. If parking lot is full, return to Main St., left to Church St. and left on first roadway down into parking lot.

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**2024 Year Round & Seasonal Event
Changes since Q3 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.

Corona - Co: Riv - walk Historic (Y0913) start: Corona Regional Medical Center, 800 So. Main, Corona, CA 92882 POC: Dottie Schwieger 951.505.9738 by LDR

Huntington Beach - Co: Orng - walk Huntington Beach Pier (Y0899) start: Farquhar Park, 898 12th St., Huntington Beach, CA 92648. POC: Kathy Bundy 951.218.3755 by LDR

Laguna Beach - Co: Orng - walk Coast & Cliffs (Y1651) start Pavilions Supermarket, 1000 Bayside Dr., Newport Beach, CA 92662. POC: Kathy Bundy 951.218.3755 by LDR *Drive to remote start after registering.*

Laguna Niguel - Co: Orng - Regional Park walk (Y1342) start: Ted's Place Restaurant, 23900 Aliso Creek, Laguna Niguel, CA 92677 POC Kathy Bundy 951.218.3755 by LDR

Long Beach - Co: LA - walk Naples/Belmont Shore (Y1452) start: Gelson's, 6255 East 2nd St, Long Beach, CA 90803 POC Kathy Bundy 951.218.3755 by LDR

Mill Valley - Co: Mrn - walk Marin County (Y0391) start: Mill Valley Community Center, 180 El Camino Alto, Mill Valley, CA 94941 POC: Tom Smith 707.628.9808 by VVV *Closed Sundays*

Newport Beach - Co: Orng - 2 walks Balboa Island (Y0251) & Balboa Island Cross Channel View (Y1270) start: Pavillions Supermarket, 1000 Bayside Dr, Newport Beach, CA 92662 POC: Kathy Bundy by LDR

Pittsburg Co: CC - walk (Y0947) start: Steeltown Coffee & Tea, 695 Railroad Ave, Pittsburg, CA 94665 POC: Tom Smith 707.449.0574 by VVV

Sacramento - Co: Sac - 2 walks: Curtis Park (Y0968) and Jane Graham's Land Park Loops (Y1039) start: Parkside Pharmacy, 4404 Del Rio Rd, Sacramento, CA 95822 POC: Jennifer Stanley 415.516.5671 by SWS

Vacaville - Co: Sol - 2 walks - Historic (Y1586) & Joe Sutter/Jo Hefner Memorial Lagoon Valley (Y0331) start: Diggers Deli, 876 Alamo Dr, Vacaville, CA 95688. POC: Steve Dmytriw 707.447.8067 by VVV



The following Year Round Events end 12/31/2024. Walk them while you can!

Big Bear Lake - Co: SnBer - walk North Shore Trail (Y0303), start: OSB only, POC: Kathy Bundy 951.218.3755 by LDR

Menifee - Co: Riv - walk Sun City Residential Unique Landscapes (Y0701) , start: Menifee Inn, 27680 Encanto Dr, Sun City, CA 92586, POC: Kathy Bundy 951.218.3755 by LDR

Morongo Valley - Co: SnBer - walk Big Morongo Canyon Preserve (Y0126), start: Big Morongo Canyon Preserve, 11055 East Drive, Morongo Valley, CA 92256 POC: Sue Obradovitz (951) 333-6806, by LDR

Newport Beach - Co: Orng - walk Balboa Island (Y0251) start: Pavillions Supermarket, 1000 Bayside Dr, Newport Beach, CA 92662 POC: Kathy Bundy by LDR

San Clemente - Co: Orng - walk Beach and Pier (Y1060) start: OSB only, POC: Dottie Schwieger 951.505.9738 by LDR



New Special Program for 2025:

Walking With the Wild Things

If you are enticed by magical beings, know to look for trolls under bridges, expect that fairies have gossamer wings, gargoyles sit atop buildings, and gnomes live in trees, you will easily find the beings needed to complete this Special Program. An event must pass a Wild Thing (gnome, troll, fairy or gargoyle) to qualify.



The program starts January 1, 2025 and is sponsored by the Capitol Volkssport Club in Washington. The information for obtaining a book is on the AVA website (ava.org). Use the Programs tab, National Programs, then scroll down to Future Programs.

Start looking as you walk your Year Rounds—you may be surprised at the types and numbers of these folks among us.



Invite you to walk through San Jose's

Willow Glen Christmas Lights December 14

Sanction: #128596-2024

Start: Frank Bramhall Park corner of Willow St & Camino Ramon, San Jose, CA 95125

Start Time: 3:00-4:30pm – stamp and go

Finish by: 7:30pm, parking ends 9:00pm

Distances: 5k & 10k **Trails Rated:** 1B – due to packed dirt labyrinth & uneven sidewalks.

Special Programs: Laby, Par, WwW (S).

Fee: \$4.00 for credit. Non-credit, 12 & younger, New Walkers FREE. Donations appreciated.

Description: Enjoy walking San Jose's Willow Glen neighborhood (originally a separate town), a labyrinth and the multi-sport park as the sun sets (5k). Continue with some unique house, street and area Christmas lights and decorations that draw a local crowd (5k). Residents often add to the festivities with music and food.

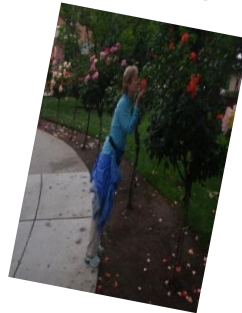
Miscellaneous: **Bring a flashlight.** Water and restrooms at the start (the park). Pets okay on leash with clean-up, except in the labyrinth. Both loops "medium" for strollers and wheelchairs.

Contact: Holly Pelking at 408.859.7978, email ilex56@yahoo.com or www.SBStriders.org

Directions: *From 280 Southbound:* Take the Meridian St. exit. Take Meridian south to Willow and turn Left. Follow Willow to the Stop sign at Camino Ramon. Turn Right to park along the side or back of the park. *From 280 Northbound:* Take the Race St. exit. Stay Right at the Y to exit onto Race St. Turn Left on Race. Go to the Stop sign at Fruitdale and turn right. Go 1 block to traffic light at Meridian. Turn Left onto Meridian, drive to the traffic light at Willow St. and turn Left. Follow Willow to the Stop sign at Camino Ramon. Turn Right to park along the side or back of the park.



Where did YOU Walk This Year??



Top row: Santa Maria, Cotati – CVA Conv., Auburn

2nd row: Redding, Burlingame, Knights Ferry, Oceanside

3rd row: San Diego, Sebastopol, San Francisco

4th row: Avila, Tahoe City, San Jose Rose Garden, Calaveras Big Trees

Bottom row: Rancho Cordova, Santa Barbara

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**FOR 2025
BY NOVEMBER 15**

to receive all issues of THE COMPASS for a donation of \$15.00.
(Subscriptions are on a calendar year basis)

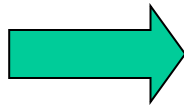
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2. From the left column list, click on "The COMPASS".
3. Scroll down to the line

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**2024 Fourth Quarter
 Events in California**

No.	Date	Club	Location	Co
1	10/12	W VVV	Winters - Historic Walk	Yolo
2	10/19	W CCBB	Cambria - Scarecrows & Nature Walk	SLO
3	10/20	W CCBB	Los Osos - Baywood Park Walk	SLO
4	10/26	W DTT	Ripon - Caswell Memorial State Park - Spooky Walk	SJ
5	11/09	W SFBB	San Francisco - Downtown Up & Down Walk	SF
	11/10	All	COMPASS articles due for 2025, first quarter	
	11/15	All	COMPASS Subscription deadline for all four 2025 issues	
6	12/07	W DTT	Sutter Creek - Christmas at Sutter Creek Walk	Ama
7	12/14	W SBS	San Jose - Willow Glen Christmas Lights Walk	SClar

