

A Publication of the California Volkssport Association

January

February

March 2025



Fun: at the CVA Convention in Santa Rosa.



Fitness: for both mental & physical fitness, walking can't be beat!



Friendship: celebrating Joan Sykes 90th birthday with a walk!



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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.

AVA Executive Council

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Subscribe see Page 9

COMPASS Article Deadlines

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



Introduction & Welcome New Walkers

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.

- Look through this magazine to find an event in your area.
- 2. Check with the event contact if you want additional information.
- Be sure to bring along water, a hat, a snack, and sunscreen.
- 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.
- Ask guestions, 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.

2025 CVA CONTACTS: California Club & CVA Officers

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

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 Subscribe by November 15th for all 4 issues in 2026 Message from the Prez, Cathy Pauley:

Happy 2025 Folks,

I am looking forward to 2025 and seeing all of you on either a walk or at the CVA Convention in Livermore from June 6-8. The registration form, brochure and walks will all be loaded on the CVA4u.org website once the Convention Committee has finalized the walks. Details will be in the Q2 COMPASS. The dinner will be limited to 65 people, so submit your registration quickly. Also, for the first time in CVA Convention history, you will be able to pay online using a QR code. You will still need to mail or email the registration, but the online payment method is a great option for those who no longer write checks. I also recommend you make your lodging reservations. We contracted with The Hampton Inn Hotel in Livermore, 2850 Constitution Drive. The room rate is \$139 plus taxes (\$153.37) with a choice of two queens or one king. The Group Code is: CVA. Parking and



breakfast included. I recommend you call on a weekday to make your reservation. Online registration doesn't always accept the CVA Group Code.

Please consider putting a raffle basket together for the CVA Convention. Fill it with things that reflect your walk footprint, club and area. Everyone will get a free raffle ticket in their registration bags and an opportunity to purchase additional tickets to go toward convention expenses. The drawing will be during the business meeting.

Coming up, we also have the AVA National Convention in Las Cruces, N.M. from April 28-May 2. There are 3 hotels contracted for the national convention (Marriott, Ramada, Holiday Inn). For more information and registration, visit: <u>https://ava.org/2025-convention</u>.

I am sad to say that our Pacific Area Regional Director, Becky Forsythe, is stepping down at the National Convention. In addition, our Deputy PARD is overdue for a replacement. And then we have four CVA officers terming out in 2026, with a current vacancy in the Secretary position. Without officers to lead CVA, the state association could fold. Without a PARD and/or Deputy PARD, we will no longer have a voice at the national level. I personally do not want to see our organization fold. I really love getting together as a state to walk and socialize and get business done, but we must have people willing to take their turn as an officer. Please share my concern and voice with each of your club members and let's keep walking as a state club and have our voice heard at national!

I also want to shout out to Delta Tule Trekkers long-time member Joan Sykes, who turned 90 and keeps on walking! Happy Birthday, my friend!

Let me share about this edition's photo. My disabled adult group has an annual Oktoberfest as a fund-raiser. We have a real Oompah Band (I'm pictured with 2 band members) and lots of good beer, Bratz, sauerkraut and German potato salad.

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 preregistered 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.	A. Almost entirely on pavement.
Cumulative elevation gain from Starting Point: up to 200 feet.	
2. Some moderate hills and stair climbing.	B. A significant part of the route is on
Probably suitable for strollers. May not be	well-groomed trails with very few
suitable for wheelchairs. Cumulative	obstacles.
elevation gain from Starting Point: 200 - 1000 feet.	
3. Some significant hill or stair climbing. Not	C. A significant part of the route is on
suitable for strollers or wheelchairs. Cumulative	somewhat difficult terrain (rocky/rooted
elevation gain from Starting Point: 1000 - 2000	paths or soft sand.)
feet.	
4. Lots of significant hills or stair climbing.	D. A significant part of the route is on
Cumulative elevation gain from Starting Point:	very difficult terrain.
2000 - 3500 feet.	
5. Many steep hills. Cumulative elevation	E. The majority of the route is on very
gain from Starting Point: more than - 3500 feet.	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.





Walk McKinley Village Sacramento, CA January 1, 2025

www.SacramentoWalkingSticks.org

Special Programs: USA, 50St, 51 Cap

Sanction: #129155 - 2025

SPONSOR: Sacramento Walking Sticks

LOCATION: Sutter's Landing Regional Park 20 28th St., Sacramento CA 95816

START TIME: 9:00 AM-Noon FINISH by 3:00 PM

DISTANCES: 5K, 6K, 10K, 11K, all RATED 1A

TRAIL DESCRIPTION: Walk will stroll through the new McKinley Village, enjoying art work at every turn. Then exit into older East Sacramento neighborhoods where you will see many smaller homes of different types of architecture. You will also see the new development on the site of Sutter Memorial Hospital. Just before returning to the finish you may want to add another 5k through an even older neighborhood - New Era Park & Boulevard Park featuring many homes of grandiose architectural styles of bygone years.

FEE: \$4.00

MISCELLANEOUS: Water and restrooms at start/finish and along the routes, dogs are permitted on a leash with clean-up. Routes Medium for strollers and Hard for wheelchairs.

CONTACT: Barbara Nuss, 916.283-4650, <u>suki2010@mycci.net</u> Jennifer Stanely (415) 516-5671_stansylpb@aol.com

Jennifer Stanely (415) 516-5671, stansylph@aol.com

DIRECTIONS: From Hwy 99 Northbound continue onto Business 80. Exit H St, Left on 30th St. Stay in the left lane. Left on F St, right on 28th St., continuing a few blocks into the park. From I80 westbound merge onto Business 80. Exit E St. Right on E St, Right on 28th St, continuing a few blocks into the park.



CVA Pin on Sale Now!!



Get your new California Volkssporter Pin for only \$4.00. Contact Betsy McDevitt to place your order. <u>betsywalks@gmail.com</u> or 530-412-4453 Betsy will have pins at up-coming walk events.

WEBSITES

AVA: www.AVA.org myAVA.org - personal account, OSB CVA: www.cva4u.org IVV: ivv-web.org

California Club Websites

CCBB: www.beachboardwalkers.org

DTT: www.DeltaTuleTrekkers.org

LDR: www.LowDesertRoadrunners.org

PP: www.PlacerPacers.org

SBS: www.SBStriders.org

SFBB:www.facebook.com/ SanFranciscoBayBandits

SWS: www.SacramentoWalkingSticks.org

TTT: www.TahoeTrailTrekkers.org

VVV: www.VacaVolks.org

* REMINDER: 2/10 - Deadline for 2nd 0 2025 COMPASS Articles*

Special Event Programs

Special Event Programs are designed by clubs, often partnering with groups with notable items outdoors. Walkers interested in those items search for the qualifiers while walking, then note their finds in a special book.

When the book is complete, it is turned into the club for an award (patch, pin, etc.). The 15 Special Programs below include 2 new ones for 2025 (listed in bold).

The abbreviations are used in the Traditional Event columns here in *The COMPASS*. AVA's *Starting Point 2025* book and the ava.org "Events" tab also lists Special Programs for Year-Round and Seasonal events.

Check with the sponsoring club to see if books from programs ending in 2024 may be turned in and awards received in 2025.

Special Programs 2025

	-	
Abbrev	Program Name	Ends
AT	Appalachian Trail	2028
BC	Border Crossings	2024
Grain	Grain Elevators-Monarchs of the Plains	2027
Laby	A-MAZE-ing Labyrinths	2026
Light	Lighthouses II	2025
Par	Par for the Course	2025
R-to-T	Rails to Trails	2025
Step	Step to the Beat	2026
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
Walk Wild	Walk with the Wild Things	2027
50St	50 States	no end
51 Cap	51 Capitals	no end



THE COMPASS

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

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February 15th (for 3 of this year's issues)	\$11.25
May15th (for 2 of this year's issues)	\$ 7.50
August 15 th (for the last of 2025's issues) of this year's	\$ 3.75
November 15th (for next year's 4 issues)	\$15.00

Pl

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

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

> Questions? Call Jean Lucas 530.848.5362 or email jeanb@dcn.org

DEADLINE: 2/1 S - SUBSCRIBE đ ω COMPASS issues in 202 S **

*



Invite you to San Jose to enjoy Holly's Hot Chocolate Walk Saturday, February 15

Sanction: #129158-2025

LOCATION: Chris and Holly's home 15680 Alum Rock Ave., San Jose, CA 95127 START: 8:30am to 12noon. FINISH: 3:30pm. DISTANCES: 5 and 10K TRAIL RATING: 2B – Easy hills, mostly paved with some packed gravel and dirt.

FEE: \$4. Guests welcome. Donations appreciated. SPECIAL PROGRAMS: Co: SClar, Par, R-to-T, WwW.

MISCELLANEOUS: Restrooms and water are available at the start. There is a restroom in the park at 7K. Pets are not allowed in the park, which is 75% of the walk. Sorry, there is not an alternate route. Routes are difficult for strollers and not recommended for wheelchairs.

DESCRIPTION:

Come for a walk in San Jose's oldest park (established in 1872) with great views...... The walk is a gentle climb into the hills above San Jose. The walk is on paved and packed dirt trails. All are passable, even in the rain. The 5k has the best views while the 10k adds the creek trail.and stay for Hot Chocolate, tea, or coffee and goodies served at the Finish around the fire pit on the patio. A warm and delicious way to end a walk!

CONTACT: Chris or Holly at 408.529.9724 Email Chris at <u>chris@zegelin.com</u> Email Holly at <u>ilex56@yahoo.com</u>

DIRECTIONS: From either south or north on 280, take the Alum Rock Ave. exit towards the hills (east). Cross White Rd and continue approximately 2 miles toward the hills. Pass the Mt. Hamilton exit, and go 300 yards further. We are on the right at the next intersection. Look for a low brick wall on the corner. Parking is streetside starting at the Mt. Hamilton turnoff.

These Year Round & Seasonal Events will only be listed in this 1st issue. This information is as of 11/15/24. OSB = Online Start Box. Entries with OSB are online ONLY. Go to my.ava.org to get started. For the most up-to-date information, please call the POC or check the AVA.org Search Event List.

Alameda - Co: Ala - 2 walks: Bay Farm Is (Y0619) & Victorian (Y0620) start: Bad Barista, 3215 Encinal Ave, Ste D, Alameda, CA 94501, POC: Priscilla Fife 916.616.6003, by SFBB	Carmel - Co: Mont - 2 walks Carmel Mission (Y0443) & Carmel - Point Lobos (Y0445), start: Lopez Taqueria & Liquor, 500 Del Monte Ave, Monterey, CA 93940, POC: Suzi Glass 408.592.3935, by SBS Drive to remote starts after registering.	
Anaheim Co: Orng - Disneyland-California Adventure walk (Y0794) start: OSB only, POC: Becky Forsythe 360.281.8429, by PARD	Carmichael - Co: Sac - walk Ancil Hoffman Park (Y1712), start: remote registration only - phone or email POC: Barbara	
Auburn - Co: Pla -walk Placer County Museums (Y0034) start	Haig, 323.578.9194 Got2BeBabs@yahoo.com by SWS	
Flour Garden Bakery, 340-C Elm Ave, Auburn, CA 95603, POC: Shirley Cassell 530.367.4277, by PP	Carmichael - Co: Sac - walk Hidden Parks (Y2418), start:Foodmaxx, 4708 Manzanita Ave., Carmichael, CA 95608,	
Avila Beach - Co: SLO - walk Avila Beach (Y1963) start: Pismo	POC: Myma Jackson 916.481.6714, by SWS	
Lighthouse Suites, 2411 Price St., Pismo Beach, CA 93449 POC: Ty Fredriks 805.714.1552, by CCBB <i>Drive to remote start at Bob</i> <i>Jones Trailhead after registering.</i>	Carpinteria - Co: SB - Beach walk (Y1856), start: Holiday Inn Express Suites, 5605 Carpinteria, Carpinteria, CA 93013-2601, POC: Ty Fredriks 805.714.1552, by CCBB	
Benicia - Co: Sol - 2 walks Benicia State Recreation Area		
(Y1346) & Historic (Y0213), start Starbucks, 90 Solano Square, Benicia, CA 94510 POC: Howard McGill 707.447.9431, by VVV	Carson City, NV - Co: Douglas - walk Capital Neighborhoods (Y0936), start: Hardman House Hotel - 917 North Carson St., Carson City, NV 89701, best call before coming 775.882.7744. POC: Judy Gordon 775.843.4503, by TTT	
Big Bear Lake - Co: SnBer -walk Big Bear Lake Village (Y0337), start OSB only, POC: Kathy Bundy 951.218.3755 by LDR	Carson Pass - Co: Alp seasonal walk 06/01/25-10/31/25 - Pacific Crest Trail (Y0880) start: OSB only POC: Suzi Glass 408.592.3935 by CVA	
Buellton - Co: SB - walk Buellton Town (Y0799) start CVS Pharmacy, 218 E. Hwy 246, bldg 3, Buellton, CA 93427, POC: Ty Fredriks 805.714.1552 by CCBB	Chico - Co: Butte - walk CSU Chico (Y2673) start: OSB only, POC Ty Fredriks 805.714.1552 by CCBB.	
Calistoga - Co: Napa - walk (Y0268) , start: Calistoga Roastery, 1426 Lincoln Ave., Calistoga, CA 94515, POC: Marilyn Nasi 707.486.8528, by SCS	Citrus Heights - Co: Sac - walk Stock Ranch (Y0224) start: remote registration call or email POC Dave Barnes 651.955.6042, barnesde61@gmail.com by SWS	
Cambria - Co: SLO - walk Cambria Beach and River (Y2358), start The Bluebird Inn, 1880 Main St, Cambria, CA 93428, POC: Ty Fredriks 805.714.1552 by CCBB	Claremont - Co: LA - walk Downtown/Colleges (Y0743) start: OSB only, POC: Kathy Bundy 951.218.3755 by LDR	
Campbell - Co: SClar - walk Los Gatos Creek (Y0853), start. Campbell Inn, 675 E. Campbell Ave, Campbell, CA 95008, POC: Holly Pelking 408.859.7978, by SBS	Corona - Co: Riv - walk Historic (Y0913) start: OSB or Corona Regional Medical Center, 800 So. Main, Corona, CA 92882, POC: Dottie Schwieger 951.505.9738 by LDR	
Capitola - Co: SCruz - walk Secret Paths & Stairways (Y1183), start: Coffeetopia, 3701 Portola Dr, Santa Cruz, CA 95062, POC:	Coronado - Co: SD - Herm Husbands Memorial walk (Y0352) start: OSB only POC: Carl Cordes 702.540.6632 by Vice Chair	
Holly Pelking 408.859.7978, by SBS	Crestline - Co: SnBer - walk Lake Gregory (Y1826) start: OSB	
Carlsbad - Co: SD - Coastal walk (Y0200) start: Tamarack Beach Resort, 3200 Carlsbad Blvd., Carlsbad, CA 92008, POC: Kathy Cole 951.551.9723 by LDR	only POC: Bob Gebo 951.924.2208 by LDR	

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Dana Point - Co: Orng - walk Historic Harbor (Y1343), start: Hennessey's Tavern, 31761 Camino Capistrano, San Juan Capistrano, CA 92675. POC: Dottie Schwieger 951.505.9738 by LDR	Folsom - Co: Sac - walk Historic (Y0165), start Folsom Public Library, 411 Stafford St, Folsom, CA 95630, POC: Heidi Foster 916.792.1720, by SWS - CLOSED SUNDAY
Davis - Co: Yolo - bike Circle Davis Tour (Y0007) & 2 walks: South Davis/El Macero (Y0617) & Southeast Tunnels & Bridges (Y1624), start: Safeway, 2121 Cowell Blvd. Suite 4, Davis, CA	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
95618 POC: Amul Purohit 530.400.1106, by SWS Davis - Co: Yolo - walk University (Y0404) , start: Fleet Feet Sports, 615 2nd S., Davis, CA 9561 POC: Amul Purohit	Galt - Co: Sac - walk (Y1303) start McDonald's Hamburgers 324 Pine St, Galt, CA 95632, POC: Cathy Pauley 915.479.1060, by DTT
530.400.1106, by SWS Donner Pass - Co: Nev - seasonal walk 06/01/25 - 10/31/25 Pacific Crest Trail (Y1038) start: OSB only, POC: Suzi Glass	Gold River - Co: Sac - walk (Y1793), start Starbuck's Coffee Company, 2095 Golden Centre Ln, Ste 10, Gold River, CA 95670, POC: Roxie Jones 916.813.7015, by SWS
 Facilic Crest Trail (11036) start. USB Only, POC. Su2i 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 	Huntington Beach - Co: Orng - Huntington Beach Pier walk (Y0899), start Farquhar Park, 898 12th St., Huntington Beach, CA 92648, POC: Kathy Bundy 951.218.3755, by LDR
	Ione - Co: Ama - walk Amador County (Y0606), start lone Plaza Market, 313 Preston Ave, lone, 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
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	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
Encino - Co: LA - walk Nature & Historic (Y0934), start: OSB only, POC:Becky Forsythe 360.281.8429 by PARD	DTT Keene - Co: Kern - 2 walks: Cesar Chavez National Monument (Y2519) & Tehachapi Loop (Y2518) start OSB
Etna - Co: Sisk - walk - Historic (Y1121), start: Ray's Food Place, 124 Collier Way, Etna, CA 96027, POC: Catherine Wieder 562.716.0114, by SWS	only POC: Cathy Pauley 915.479.1060 by CVA Laguna Beach - Co: Orng - walk Coast & Cliffs (Y1651),
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	start: Pavilions Supermarket, 1000 Bayside Dr, Newport Beach, CA 92662 POC: Jean Vik 951.317.7860 by LDR <i>Drive to</i> <i>remote start after registering</i>

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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	Menifee - Co: Riv - 2 walks: Lakes (Y1212) and Menifee Valley (Y1213), start: Menifee Inn, 27680 Encanto Dr, Sun City, CA 92586, POC: Kathy Bundy 951.218.3755 by LDR
Lincoln - Co: Pla - bike-Lincoln Tour (Y0402), start: Sprouts Market, 115 Ferrari Ranch Road, Lincoln, CA 95648, POC: Don Ratliff 916.645.8280, by PP	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
Lincoln - Co: Pla -walk Lincoln Trails (Y3329), start: Sprouts Market, 115 Ferrari Ranch Road, Lincoln, CA 95648 POC: Don Ratliff 916.645.8280, by PP	Modesto - Co: Stan - walk Stanislaus County (Y0167), start: OSB only POC: Jim & Diane Gomes 209.815.6041, by DTT
Lodi - Co: SJ - walk San Joaquin County (Y0170), start: McDonald's Hamburgers, 200 West Lodi Ave, Lodi, CA 95240, POC: Charlene Henshaw 209.642.2004 by DTT	Monterey - Co: Mont - 2 walks - Historic (Y1261) & Peninsula/Lovers Point (Y1341), start: Lopez Taqueria & Liquor, 500 Del Monte Ave, Monterey, CA 93940-2405, POC: Suzi Glass 408.592.3935, by SBS
Lompoc - Co: SB - walk (Y0430), start: South Side Coffee Company, 105 So. H, Lompoc, CA 93436, POC: Ty Fredriks 805.714.1552 by CCBB	Morro Bay - Co: SLO - walk (Y0664), start: La Serena Inn, 990 Morro Ave., Morro Bay, CA 93442, POC: Ty Fredriks 805.714.1552, by CCBB
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	Murrieta - Co: Riv - Old Town walk (Y2011), start: Montague Brothers Coffee, 21545 Palomar St., Wildomar, CA 92595 POC: Kathy Bundy 951.218.3755, by LDR <i>Drive to start at</i> <i>Murrieta Veterans Park after registering.</i>
Los Angeles - Co: LA - walk Griffith Park Observatory (Y2250) start: OSB only POC: Holly Pelking 408.859.7978, by SBS	Newport Beach - Co: Orng - walk Balboa Island Cross Channel View (Y1270), start: Pavilions Supermarket, 1000 Bayside Dr., Newport Beach, CA 92662 POC: Kathy Bundy
Los Angeles - Co: LA - walk UCLA, Westwood & Marilyn (Y2043) start: OSB only , POC: Suzi Glass 408.592.3935 by SBS	951.218.3755 by LDR Oceanside - Co: SD - walk San Diego County (Y1750), start: OSB only POC: Kathy Cole 951.551.9723, by LDR
Los Gatos - Co: SClar - Town walk (Y0074), start: Los Gatos Coffee Roasting Company, 101 W. Main St, Los Gatos, CA 95030 POC: Holly Pelking 408.859.7978, by SBS	Olympic Valley - Co: Pla - seasonal walk 05/01/25 - 10/31/25 - John Daegling Memorial (Y1785)- start: The Village at
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	Palisades Tahoe, 1750 Village East Road, Olympic Valley, CA 96146, POC: Lynn Booth 209.614.4310, by TTT
Manteca - Co: SJ - walk San Joaquin County (Y2024), start: Frank's Downtown Café, 162 No. Maple Ave., Manteca, CA	Orcutt - Co: SB - walk Old Town Orcutt (Y2489) start: OASIS Senior Center, 420 Soares Ave., Orcutt, CA 93455, POC: Ty Fredriks 805.714.1552, by CCBB
95336, POC: Marcelo Fernandez 562.521.3775 by DTT	Palm Springs - Co: Riv2 walks Celebrity (Y1887) & Park Trail (Y0724) start: OSB or Desert Regional Medical Center, 1150 No. Indian Canyon, Palm Springs, CA 92262.POC: Sue Obradovitz 951.333.6806

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Petaluma - Co: Son - walk -Historic Petaluma (Y0233), start: OSB only, POC: Don & Sue Deal 707.835.3798, by SCS	Round Valley - Co: Alp - seasonal walk 06/01/25 - 10/31/25 walk Pacific Crest Trail (Y0983), start OSB only, POC: Suzi Glass 408.592.3935 by CVA	
Pismo Beach - Co: SLO - walk Pismo Beach (Y1821) , start: Pismo Lighthouse Suites, 2411 Price St., Pismo Beach, CA, 93449 POC: Ty Fredriks 805.714.1552, by CCBB	Sacramento - Co: Sac - 3 walks American River (Y0990), Ashton Park (Y1049) & Sierra Oaks Vista (Y0905) start OSB or PSB Starbucks, Arden Town Shopping Center, 610 Watt Ave, Sacramento, CA 95864 POC Beverly Bales 916.488.8570 by SWS	
Pittsburg - Co: CC - walk (Y0947) start: Steeltown Coffee & Tea, 695 Railroad Ave., Pittsburg, CA 94665, POC: Tom Smith, 707.628.9808 by VVV	Sacramento - Co: Sac - bike American River Tour (Y0006) & Capitol - Wayne Holloway Memorial Walk	
Placerville - Co: EID - walk Old Hangtown (Y3330) start: Buttercup Pantry, 222 Main Street, Placerville, CA 95667, POC: Charlotte Henshaw 530.885.3662, by PP	(Y0003), start: Best Western Sandman Hotel, 236 Jibboom St, Sacramento, CA 95814-0108, POC: Paul Robb 916.430.6649, by CVA	
Rancho Cordova - Co: Sac - walk Lake Natoma (Y0855) & bike Lake Natoma tour (Y0036), New Start Coming Soon - call POC: Sue Hopper 916.296.2289, by PP	Sacramento - Co: Sac - walk - Arden Park (Y0558) & Arden Bike Tour (Y0607), start Starbucks, Arden Plaza, 4301 Arden Way, Sacramento, CA 95864, POC: Myrna Jackson 916.481.6714, by SWS	
Redding - Co: Sha - walk Sundial Bridge (Y0705), start:OSB only, POC: Becky Forsythe, 360.281.8429 by PARD	Sacramento - Co: Sac - walk Campus Commons/Sierra Oaks (Y1767), start Starbucks Coffee Co., 458 Howe Ave, #8, Sacramento, CA, 95825 POC: Myrna Jackson 916.481.6714, by SWS	
Redlands - Co: SnBer2 walks Historic Downtown (Y0584) and Palms & Palaces (Y0187), start: Redlands Family YMCA, 500 E. Citrus Ave., Redlands, CA 92373, POC: Bob Gebo 951.924.2208, by LDR	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	
Redondo Beach - Co: LA - walk PIER 2 PIER (Y0490) start: OSB only, POC: Dottie Schwieger, 951.505.9738 by LDR	Sacramento - Co: Sac - 3 walks: Elmhurst to East Sac (Y1422), Midtown/East Sac (Y1873) & The "Fab 40's"	
Reno, NV - Co: Washoe - 2 walks Historical (Y0023) and UNR/San Rafael (Y0935), start: National Automobile Museum, 1 Museum Drive, Reno, NV, 89501, POC: Judy	(Y0583), start CVS Pharmacy, 5039 Folsom Blvd., Sacramento, CA 95819, POC: Gail Samcoff 916.429.8377, by SWS	
Gordon 775.843.4503, by TTT	Sacramento - Co: Sac - Hidden Murals walk (Y2337), start Fleet Feet Sports, 2311 J St., Sacramento, CA 95816.	
Riverside - Co: Riv - walk Mt. Rubidoux & Mission Inn (Y1478), start: OSB only, POC: Sue Obradovitz	POC: Rutherford Smith 530.219.5610, by SWS Sacramento - Co: Sac - bike: Natomas Flood Plain Tour	
951.333.6806, by LDR	(Y0767) & 2 walks North Natomas (Y2186) and South	
Roseville - Co: Pla - 2 walks - Maidu Park (Y0560) & Sculpture Park (Y0266), start: Starbucks, 2030 Douglas Blvd, Suite 12, Roseville, CA 95661 POC: Don & Marillyn Ratliff	Natomas (Y0588) start: Natomas Bike Shop, 3291 Truxel Rd #30, Sacramento, CA 95833, POC: Kathi Brewster 317.410.5132, by SWS	
916.645.8280 by PP	Sacramento - Co: Sac - walk North Laguna Creek Wildlife Area (Y1043), start: 24 Hour Fitness, 8785 Center	
Roseville - Co: Pla - bike NW Roseville Tour (Y1239) start: Starbucks, 2030 Douglas Blvd, Suite 12, Roseville, CA 95661 POC: Don Ratliff 916.645.8280 by PP	Parkway, Sacramento, CA 95823, POC: Eva Nelson 916.261.9016, by SWS	

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Sacramento - Co: Sac - walk Pocket Area (Y0234) & bike Pocket Area Tour (Y1313), start CVS Pharmacy, 7465 Rush River Dr, #500, Sacramento, CA 95831, POC: Nancy Alex 916.217.4903 by SWS	San Jose - Co: SClar - walk Rose Garden & Santa Clara University (Y2768) start: OSB only, POC: Chris Zegelin 408.529.9724 by SBS
,	San Jose - Co: SClar - walk The Hills of Evergreen (Y3323) start: OSB only, POC: Chris Zegelin 408.529.9724 by SBS
(Y0959), start Best Western Sandman Hotel, 236 Jibboom St., Sacramento, CA 95814-0108, POC: Paul Robb 916.430.6649 by CVA	San Juan Capistrano - Co: Orng - Historic Mission walk (Y1886), start: OSB or PSB Hennessey's Tavern, 31761 Camino Capistrano, San Juan Capistrano, CA 92675, POC: Dottie Schwieger 951.505.9738 by LDR
San Diego - Co: SD - 2 walks Balboa Park/Downtown (Y0852) & Harbor Island (Y1604), start OSB or PSB Wyndham Bayside Hotel, 1355 N. Harbor Dr., San Diego, CA 92101 POC: Maureen Carlson 909.227.5319 by LDR	San Luis Obispo - Co: SLO - San Luis Obispo walk (Y0458), start: The Wayfarer SLO, 1800 Monterey Ave, San Luis Obispo, CA 93401-2614, POC: Ty Fredriks 805.714.1552, by CCBB
San Diego - Co: SD - walk Old Town (Y1426), start OSB or PSB Best Western Hacienda Hotel, 4041 Harney St., San Diego, CA 92110, POC: Maureen Carlson 909.227.5319 by LDR	Santa Barbara - Co: SB - Santa Barbara walk (Y0137), start: Harbor View Inn, 28 West Cabrillo Blvd., Santa Barbara, CA 93101, POC: Ty Fredriks 805.714.1552, by CCBB
San Francisco - Co: SF -walk Golden Gate Park (Y3164) start. Seal Rock Inn, 545 Point Lobos at 48th Ave, San Francisco, CA 94121 POC: Priscilla Fife 916.616.6003 by SFBB <i>After</i>	Santa Cruz - Co: SCruz -walk Natural Bridges (Y0328), start: Togo's Sandwich Shop, 902 Ocean St., Santa Cruz, CA 95060, POC: Holly Pelking 408.259.5157, by SBS Drive to the back entrance of Natual Bridges State Beach after registering.
registering, drive to the Beach Chalet Soccer Fields to start. San Francisco - Co: SF - walk Lands End & Beyond (Y1943), start Seal Rock Inn,545 Point Lobos at 48th Ave., San Francisco, CA 94121, POC: P. Fife 916.616.6003 by SFBB	Santa Maria - Co: SB -walk Santa Maria/Hancock College (Y2686), start: Historic Santa Maria Inn, 801 S. Broadway, Santa Maria, CA 93455, POC: Ty Fredriks 805.714.1552, by CCBB
San Francisco - Co: SF - walk SF Maritime (Y1479), start Sar Francisco Maritime National Historical Park Visitors' Center, 499 Jefferson St, San Francisco, CA 94109, POC: P. Fife 916.616.6003, by SFBB	Santa Rosa - Co: Son - 2 walks Luther Burbank Gardens (Y1100) & Prince Greenway/Historic Santa Rosa (Y0758), start: Lucky Market, 915 Village Ct, Santa Rosa, CA 95405, POC: Marilyn Nasi 707.486.8528, by SCS. Drive to a remote start after registering for the Prince Greenway walk
San Francisco - Co: SF - walk: The Presidio & The Golden Gate Bridge (Y1564), start: Presidio Visitors' Center, 210 Lincoln	Sebastopol - Co: Son - walk near Santa Rosa (Y0793) start: OSB only. POC: Marilyn Nasi 707.486.8528, by SCS
Blvd., San Francisco, CA 94129 POC: P. Fife 916.616.6003 by SFBB	Solvang Shoe Store, 1663 Copenhagen Dr., Solvang, CA
San Jose - Co: SClar - walk Almaden Lake (Y2436), start	93463, POC: Ty Fredriks 805.714.1552 by CCBB
Almaden Lake Village Rental Office , 1045 Coleman Rd., San Jose, CA 95123. <i>Rental Office has key padcall POC for code</i> . POC: Suzi Glass 408.592.3935 by SBS.	Sonoma - Co: Son - walk Sonoma County (Y0752), start: Best Western/Sonoma Valley Inn, 550 Second St West, Sonoma, CA 95476, POC: Marilyn Nasi 707.486.8528, by SCS
San Jose - Co: SClar - walk Hellyer Park & Coyote Creek (Y2781) startOSB only, POC: Suzi Glass 408.592.3935 by SBS	Stockton - Co: SJ - walk -N.W. Stockton, Tom Swift Memorial Walk (Y0194), start: Starbucks, 10602 Trinity Parkway, Stockton, CA 95219, POC: Cathy Pauley 915.479.1060, by DTT

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Stockton - Co: SJ - walk University Area (Y1304) , start: Mc Donald's Hamburgers, 4515 Pacific Ave, Stockton, CA 95207, POC: Joan Sykes 209.931.0557, by DTT	Whittier - Co: LA - walk Home Town (Y2047), start: OSB only, POC: Suzi Glass 408.592.3935 by SBS
Tahoe City - Lake Forest Co: Pla - seasonal walk 05/01/25 -10/31/25 (Y0195), start: Tahoe House Bakery & Gourmet, 625 W.Lake Blvd, Tahoe City, CA, 96145, OPEN 6am-3pm POC: Karen	Wildomar - Co: Riv - Riverwalk, Riverside County (Y1761) start: Montague Brothers Coffee, 21545 Palomar St., Wildomar, CA 92595 POC: Kathy Bundy 951.218.3755 by LDR
Reed 408.315.7727 by TTT	Windsor - Co: Son - walk (Y2419), start: CVS Pharmacy,
Tahoma - Co: EID - seasonal walk 05/01/25 - 10/31/25 (Y2262) start: Tahoe House Bakery and Gourmet, 625 W. Lake, Tahoe City, CA 96145, OPEN 6am-3pm POC Karen Reed 408.315.7727	9030 Brooks Rd, So. Windsor, CA 95492, POC: Shirley Hightower 707.696.0244, by SCS
by TTT	Woodland - Historic - Co: Yolo - walk (Y0539), start: Nugget
Truckee - Steiners' Memorial River Walk Co: Nev - seasonal walk 05/01/25 - 10/31/25 (Y1667), start: Raley's Market, 10001	Market, 157 Main Street, Woodland, CA 95695, POC: Judy & Jim Tischer 530.383.1370, by SWS
Soaring Way, Truckee, CA, 96161 POC: Jennie Gordon 916.204.3839, by TTT	Yorba Linda - Co: Orng - walk (Y0735), start: OSB or contact POC Dottie Schwieger 951.505.9738 or HiDotWalk@aol.com, by LDR
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	Yosemite National Park- Co: Mrp - 2 seasonal walks 05/01/25 - 10/31/25 Clouds Rest (Y0734) & Half Dome (Y0765), start: OSB only POC:Becky Forsythe 360.281.8429
Vacaville - Co: Sol - 2 walks, Historic (Y1586) & Joe Sutter/Jo	by PARD check park website for latest access updates.
Hefner Memorial Lagoon Valley (Y0331): start: Diggers Deli, 876 Alamo Dr, Vacaville, CA 95688, POC:Steve Dmytriw 707.447.8067, by VVV	Yosemite National Park- Co: Mrp - walk Valley Floor (Y0727) start: OSB only, POC: Becky Forsythe 360.281.8429 by PARD
Ventura - Co: Ven - walk Santa Cruz Island 01/02/25 - 12/30/25 (Y0872), start: OSB only, POC: Ty Fredriks 805.714.1552 by CCBB	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
Ventura - Co: Ven - Ventura City & Beach walk (Y0860), start: OSB only, POC: Ty Fredriks 805.714.1552, by CCBB	Happy New Year
West Sacramento - Co: Yolo - walk Clarksburg Branch Line Trail (Y1515) start: Nugget Market, 2000 Town Center Plaza, West Sacramento, CA 95691, POC: Susan Martimo 916.705.9599 , by SWS	on! the Places
West Sacramento - Co: Yolo - River Walk (Y0545), start: Arthur F. Turner Community Library, 1212 Merkley Ave., West Sacramento, CA 95691, POC: Susan Martimo 916. 705.9599, by SWS Closed Sundays.	You'll Go:
Whitewater - Co: Riv - walk Pacific Crest Trail (Y0975), start: OSB only POC: Jean Vik 951.317.7860 by CVA	A A A A A A A A A A A A A A A A A A A

FROM

California Volkssport Association Suzi Glass, Editor 3315-1/2 Cherryland Ave. Stockton, CA 95215 NON-PROFIT ORG U.S. POSTAGE PAID Permit #25 Auburn CA 95603



Look Who's Walking!

The September issue of *The American Wanderer* showed the following California club walkers as having completed Event milestones. Be sure to congratulate them when you see them!

Name	Total Events
Angie Beckler	50 Events
Phyllis Wichelns	450 Events
Bob Gley	500 Events
Connie Ramos-Haugen	500 Events
Debbie Gley	650 Events
Marilyn Nasi	1,050 Events
Dana Beales	1,600 Events
Ronald Sponaugle	1,600 Events
Dorothy Schwieger	2,900 Events



Look Who's Walking! The most recent issue of *The American Wanderer* also noted walkers who had achieved mileage goals and received their awards. Of the relatively short list, one Californian was there. Be sure to congratulate---

Holly Pelking

27,000 KM

2025 Assignment: Find and send in your books to AVA's new address: 1032 S. Alamo St., San Antonio, TX 78210. We'd love to list YOU in "Look Who's Walking" !

SAVE THE DATES – June 6-8 CVA Convention – Livermore, CA

- Registration details coming soon in the Q2 COMPASS

Lodging - The Hampton Inn Hotel in Livermore, 2850 Constitution Drive.

- The room rate is \$139 plus taxes (\$153.37)
- Choice of two queens or one king
- The Group Code is: CVA.
- Parking and breakfast included
- Call on a weekday to make your reservation.
- Online registration doesn't always accept the CVA Group Code.