

The *COMPASS*

A Publication of the *California Volkssport Association*

April

May

June

2025



Central Coast Beach Boardwalkers on a group walk in Buellton – January 2025



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



Subscribe

Renew

CONTENTS, AVA VISION, MISSION & OFFICERS

CONTENTS	PAGES
Contents, AVA Vision, Mission & Officers	2
CVA's Guide to Walking	3
CA Club Contacts & CVA Officers	4
Message from the Prez	5
General Information	6
Trail Ratings, CVA Pins for Sale, AVA & CA Club Websites	7
Events: April, May, June, Special Programs	8
Subscribe to The COMPASS	9
Jean Vik's Memorial	10
National Walking MONTH, Look Who's Walking	11
2025 CVA Annual Convention	12
YRE Changes	15
2025 2nd Quarter Events & Map	16



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 members' names, phone numbers and addresses are only valid until the AVA meeting in Las Cruces, New Mexico, April 28-May 2. After the election there will be a new slate of officers. If you need to reach the person doing one of these jobs, please use the AVA email address or contact National Office Executive Director, Henry Rosales.*

AVA Executive Council*

Chair of the Board, Nancy Wittenberg, chair@ava.org
12626 - 129th Street E., Puyallup, WA 98374
Phone: 253-208-1331

Vice-Chair, Carl Cordes, vice_chair@ava.org
2250 Knoll Crest Ave., North Las Vegas, NV 89032
Phone: 702-540-6632

Secretary, Leslie Stone, secretary@ava.org
1103 Hansberry Court, Ormond Beach, FL 32174
Phone: 832-588-1417

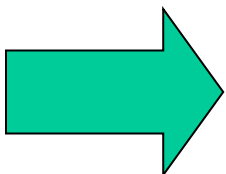
Finance Chair, Ed McCabe, finance_chair@ava.org
109 Horseshoe Drive, Dripping Springs, TX 78620
Email: emccabe1234@gmail.com

Pacific Regional Director, Becky Forsythe, pa_rd@ava.org
4407 West LaMadre Way, North Las Vegas, NV 89031
Phone: 360-281-8429, Email: Rgforsythe@usa.net

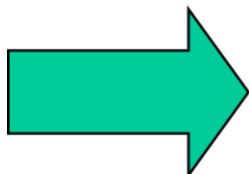
Pacific Deputy Regional Director, Suzi Glass, pa_drd@ava.org
5562 Vassar Drive, San Jose, CA 95118
Cell: 408-592-3935

National Headquarters Executive Director
Henry Rosales, execdir@ava.org
National Office - MOVED
1032 South Alamo Street
San Antonio, TX 78210
Phone: 210-659-2112

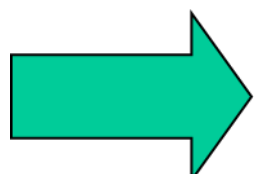
COMPASS Article Deadlines
May 10 for July, August & September
August 10 for Oct., Nov. & Dec events
November 10 for Jan., Feb. & March events
February 10 for April, May & June events
send to Suzi Glass: glass2walk@gmail.com



Renew



Subscribe see Page 9





CVA's Guide to Walking

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 nearly 50 years ago by members of the US Military. CVA is part of the US national organization, the American Volkssport Association (AVA - America's Walking Club), which is part of the international organization, IVV. We are one big happy family of walkers located all over the world!

Walks are typically 5 kilometers (3.1 miles) or 10 kilometers (6.2 miles). Some walks, "Year-Round Events" are available anytime. You just go to the starting point, sign in, pick up a map and hit the trail. 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.

2025 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 suki2010@mycci.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

<p>President Cathy Pauley 915.479.1060 3315-1/2 Cherryland Avenue Stockton, CA 95215 President@CVA4u.org</p>	<p>Secretary 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 Paul Robb 916.430.6649 2202 Babson Drive Elk Grove, CA 95758 paul.robb65@gmail.com</p>	<p>Vice President, Central /South Priscilla Fife 916.616.6003 2241 Pacific Avenue #B Alameda, CA 94501 VP-Central@CVA4u.org</p>	<p>Webmaster: Diane Gomes 209.815.6042 1264 Sprague Street Manteca, CA 95336 californiavolks2019@gmail.com</p>
<p>The COMPASS Staff Editor Suzi Glass 408.592.3935 5562 Vassar Drive San Jose, CA 95118 glass2walk@gmail.com</p>	<p>Mailing List, Donations & COMPASS Subscriptions Jean Lucas 530.848.5362 2423 Regis Drive Davis, CA 95618-2543 jeanb@dcn.org</p>	<p>Editing & Publishing Liaisons Bruce & Betsy McDevitt 530.412.4453 371 Cuckoo Court Applegate, CA 95703 betsywalks@gmail.com</p>

COMPASS SUBSCRIPTION DEADLINES
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
 Subscribe by February 15th for 3 issues in 2026

Message from the Prez, Cathy Pauley:

Saw-wah-de-ka (Greetings in the Karen language),

It's so hard to believe that we are already in the 2nd quarter of 2025, and I just returned from another 10 days in Northern Thailand! This is the quarter of our 2025 CVA Convention in Livermore from June 6-8. The registration form, brochure and walks are all loaded on the CVA Website, and you can find all the information in this COMPASS. The dinner will be **limited to 65 people**, so you will want to submit your registration quickly once it's available. Hopefully, everyone has made lodging arrangements either at The Hampton Inn Livermore or another place of choice. The contracted hotel is located at 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. You can register for the convention online and either pay by credit card (\$2 fee) or pay by Zelle (no fee) or send in a check.

I am asking all clubs to put a basket together representing their part of California and bring with them. Everyone will get a ticket in their bags and a chance to win. The drawing will be during the business meeting.

This business meeting will have some important issues to discuss. By the time you get The COMPASS, you hopefully have received some of the topics we need to discuss and/or vote on. I will need a nominating committee to work on putting together a slate to fill the CVA President, VP South/Central, VP North (still eligible for 1 more term), Secretary and Treasurer offices in 2026. Leadership is essential for our organization's survival, so I am requesting each club to contact its members.

I am already looking forward to the 2026 CVA Convention and the club(s) who are hosting the event. I hope those clubs will share location and potential dates.

One of Becky's last "hoorahs" for the Pacific Region was processing regional and national awards. I am looking forward to seeing more people recognized at our CVA convention and possibly the 2025 National Convention as well.

Let me share about this edition's photo. I have returned to Thailand again this year and it's always fun to share a photo from my adventures. My group visits the Musee Hillstribes people who are mainly Karen and Hmong. A coffee grower and coffee bean roaster and his wife, greet us.

Left to right, Tatum, Tongee, Kathy, Cathy, Siami and Nella.



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.**

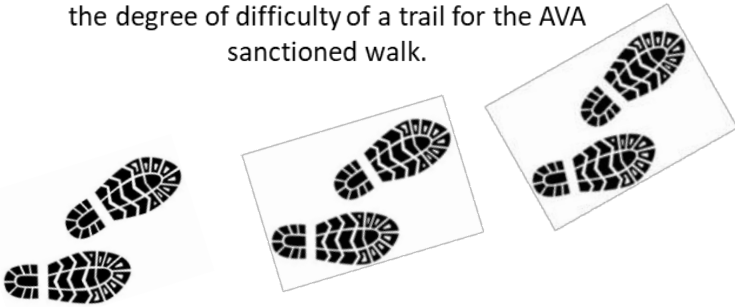
REFRESHMENTS: Water will be available at the Start/Finish and control points. Other refreshments are often provided either at the Start/Finish or at the control points. It is a good idea to carry water, especially in warmer weather.

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.

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.

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

SFBB: www.facebook.com/SanFranciscoBayBandits

SWS:

www.SacramentoWalkingSticks.org

TTT: www.TahoeTrailTrekks.org

VVV: www.VacaVolks.org

Q
T
R
E
V
E
N
T
S



**WALK
Pecan Park
Orangevale
April 12, 2025**



www.SacramentoWalkingSticks.org

SPECIAL PROGRAMS: Par, USA, 50St

SANCTION NUMBER: #129308-2025

SPONSOR: Sacramento Walking Sticks

LOCATION: Pecan Park
5945 Pecan Ave., Orangevale, CA 95662

START TIME: 09:00 – Noon **FINISH:** 3:00 PM

DISTANCES: 5K, 6K, 10K **RATING** 1 B
FEE: \$4 **COUNTY:** Sac

TRAIL DESCRIPTION: Most of the route is on sidewalks with some hills. It goes through older working-class neighborhoods and some newer upscale homes. There is a short distance on the 11k and 6k (approximately 1.5k) on dirt trails overlooking the American River where you will view the eagle nesting area. (6k-drive to start)

MISCELLANEOUS: There is no fee for Parking. Water and restrooms at start/finish and along the route. Strollers okay on 5k only! Alas, no wheelchairs.

CONTACT: Myrna Jackson, 916.481.6714 or mjacks01940@yahoo.com

DIRECTIONS: From Interstate 80 East or West Bound, Exit Greenback Ln East for approximately 6 miles. Shortly after passing Hazel Ave, Right on Pecan Ave for a couple of blocks. Park will be on the right. From Highway 50 East Bound, Exit Hazel Ave North. Follow Hazel Ave North for approximately 3 ½ miles to Pershing Ave. Right on Pershing Ave, then Left on Pecan Ave. Park will be on the left.



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



RENEW OR  TO

THE COMPASS FOR 2 ISSUES OF 2025

The COMPASS is a quarterly publication of the California Volkssport Association (CVA).

Subscriptions are on a calendar year basis and prorated each quarter.

The donation for 2 issues is \$7.50, payable to CVA.

Name: _____
 Address: _____
 City, State & Zip code +4: _____
 Phone: _____
 Club: _____
 Email: _____

Please check:

New Renew Address Change

By May 15, please send your check for the suggested donation payable to The California Volkssport Association (CVA) and your completed form to:
COMPASS Subscriptions, Jean Lucas, 2423 Regis Drive, Davis, CA 95618-2543

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

Q
T
R
E
V
E
N
T
S



The Placer Pacers

Present:

Sunset Whitney Park
Rocklin, CA

April 19, 2025

5k & 10k (3.1 or 6.2 miles)

SANCTION: #129257-2025



In Memory of Jean Vik

March 8, 1940 – January 24, 2025

Jean was a native of Oregon, but lived for years in Corona, California.

She was a veteran Volkssporter who participated in over 3,400 events, many as a member of the Low Desert Road-runners.

Not only did Jean walk, but she served as the Point of Contact for seven Year-Round Events. The YRE's Jean covered were Corona, Huntington Beach, Laguna Beach, Laguna Niguel, two in Newport Beach and Whitewater.

Jean will be missed on the trails and in the club. Rest in peace, Jean.

START LOCATION: It is at the JOHNSON SPRINGVIEW PARK, 5480 Fifth St., Rocklin, California 95677. Near the Rocklin Community Center. The walk goes to Sunset Whitney Park.

START: 9am to noon **FINISH** by 3pm.

DISTANCES/TRAIL RATINGS: 5k & 10k routes. These routes include a stroll through the recently acquired city golf course and surrounding neighborhood. Many new repaved trails. All routes are **Rated 1A**.

REGISTRATION: Credit and Guest fee is \$4.00. Refunds cannot be provided.

SPECIAL PROGRAMS: Co: Pla, Par, USA (R),

MISCELLANEOUS: Water and restrooms are available only at the start/finish. Strollers--medium, wheelchairs--hard. Dogs okay on leash with cleanup.

CONTACT: Warren Tellefson
(530) 305-5479 wtellef@sbcglobal.net

DIRECTIONS: From Interstate 80 take the Rocklin Rd. off-ramp west. Continue through three roundabouts to the Tee intersection with 5th Street. Turn left onto 5th for 1/2 mile and turn right into the first parking lot entrance. Look for signs for the Start/Finish. WALK STARTS IN JOHNSON SPRINGVIEW PARK AND YOU WALK TO SUNSET WHITNEY PARK.



** REMINDER: 5/10 - Deadline for 3rd Q 2025 COMPASS Articles**



National Walking Week is now
National Walking Month May 1-31
A week just wasn't enough! The AVA
Board of Directors changed the week
to the month of May for 2025.

To participate, take one of your club's
Year-Round Events and advertise a walk
at a specific time: morning, afternoon or
evening (for example, a full moon walk).
Advertise it through your club, locally,
and check with AVA as the website has
had a listing in past years. Walk & Enjoy!

** DEADLINE: 5/15 - SUBSCRIBE for 2 COMPASS issues in 2025**

Look Who's Walking



Theresa Ihara
- 600 Events



Theresa Ihara
- 6,500k



KUDOS TO THERESA!

Q
T
R
E
V
E
N
T
S



2025

CVA Annual Convention

Livermore, CA

June 6-8, 2025



AMERICA'S WALKING CLUB
— ESTABLISHED 1974 —



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



Convention Check in and Start/Finish Table: Hampton Inn, 2850 Constitution Dr, Livermore, CA.

Hotel

Hampton Inn, 2850 Constitution Dr, Livermore, CA

Hotel Registration: Discounted room rates have been contracted: \$139 for a King room or you can get a room with two Queen beds for four people for the same price. Also, a hot breakfast is included.

Call (925)606-6400 to book. Group discount Code: **CVA** The booking **deadline is May 6, 2025**

RVs:

Del Valle Family Camping (888) 327-2757

www.ebparks.org/parks/del-valle

Everyone will receive a raffle ticket to win one of the CVA Club sponsored gift baskets



Start table address and hours: Hampton Inn Breakfast area, 2850 Constitution Dr., Livermore. Friday: 1:00pm-4:00pm, Saturday: 9:00am-Noon, Sunday: 9:00am-Noon.

Walk 1: Livermore Historic Downtown #129295 5K & 10K rated 1A. Easy for strollers and wheelchairs. Pets OK. (Special Programs: LABY, VET, PAR, STEP, TH/CH)

Walk 2: Livermore Sycamore Grove #129296 5K rated 1B & 10K rated 3C. Strollers and wheelchairs not recommended. Pets OK.

Walk 3: Pleasanton #129278 6K, 10K or 11K rated 1B. Easy for strollers and wheelchairs. Pets OK. (Special Programs: R-to-T, VET, PAR, STEP, TH/CH)

Walk 4: Danville # 129277 5K & 11K rated 1A. Ok for Strollers and wheelchairs, but not easy. Pets OK. (Special Programs: 5K (R-to-T, VET, STEP) (11K R-to-T, VET, STEP, LABY, PAR)

RESTROOMS AND WATER: Restroom and water available at or near start points. Pets are OK on all events.

KEY EVENTS / TIME / LOCATION:

Convention Check-In: Hampton Inn, 2850 Constitution Dr., Livermore (Times for attendees to pick up name badge, meal ticket and walk directions. **Friday, June 6th – 1:00-4:00pm, Saturday, June 7th, 9:00am-noon, Sunday, June 8th – 9:00am-Noon**

Meet & Greet (free): Friday, June 6th from 5pm-6pm Hampton Inn Breakfast area, 2850 Constitution Dr., Livermore

Saturday CVA business meeting: June 7th, 1:00–4:00pm. Holiday Inn Express, Meeting room, 3000 Constitution Dr, Livermore.

Group Dinner: Saturday, June 7th at 6pm (pre-registration only) First Street Ale House, 2106 First Street, Livermore.

Delegate registration: Saturday, June 7th 12:30-1:00pm. Holiday Inn Express, Meeting room, 3000 Constitution Dr.

Pre-Registration form with payment must be received by **May 23, 2025**

Name _____

Address _____

City/State/ZIP _____

Phone _____

E-mail _____

Make your check/money order payable to Delta Tule Trekkers (no cash please) and **mail to:** Delta Tule Trekkers, 1264 Sprague St., Manteca, CA 95336. You may Zelle your payment to: **californiavolks2019@gmail.com**

For online registrations go to:
<https://deltatuletrekkers.org/cva-2025-convention/>

Walk 1: \$4.00 How many? ___ Total \$ ___

Walk 2: \$4.00 How many? ___ Total \$ ___

Walk 3: \$4.00 How many? ___ Total \$ ___

Walk 4: \$4.00 How many? ___ Total \$ ___

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

Saturday, June 7th - 6 pm Group Dinner - \$44 (inc. tax & tip)

How many? ___ Total \$ ___

First Street Ale House, 2106 First Street, Livermore.

Dinner will be a buffet with the following choices: Caesar Salad, Grilled Vegetables, Garlic Mashed Potatoes, Wild Rice Pilaf, Grilled Tri Tip, Rosemary Chicken Breast, Fettuccine Alfredo, New York Cheesecake. DUE to limited seating of 65, please register early. Payment due by May 23, 2025.

Sorry, no refunds for no-shows.

For more information, please contact Diane Gomes 209-815-6042.

Q
T
R
E
V
E
N
T
S

The DELTA TULE TREKKERS

Invite you to

Walk Among the Tall, Tall Trees

CALAVERAS BIG TREES STATE PARK

June 14, 2025

Sanction: #/129297-2025



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

Start Time: 8:30 a.m. to 12:00 noon
Finish: 3 p.m.
Distance: 5K and 10K
Trail Rating: 5K-1A 10K - 2B
Fee: \$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: Co: Cala, R-to-T.

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 412-337-2538, 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. look for Delta Tule Trekkers Walk sign.

Our Neighbors' Events

Second Quarter



Arizona:

Grand Canyon North Rim – Uncle Jim

Trail—Seasonal: 06/01-09/30/25. OSB

Grand Canyon North Rim – Widfors

Trail—Seasonal: 06/01-09/30/25, OSB

Oregon:

Sweet Home – Gateway to the Santiam

Wilderness 04/01.

Jefferson – Soup Walk 04/12

Eugene – Pre's Trail 04/15

Champoeg Park – Historic Champoeg 05/13

Corvallis – Wetlands 05/20

Lebanon – River and Lake 05/27

Cascade Locks – Quilt Walk 05/31

Lyons – John Neal Campground 06/03

Gervais – Historic Willamette Mission 06/07

Corvallis – Nature Trails 06/10

Clear Lake – Santiam Lava Trail 06/24

**2025 Year-Round & Seasonal Event Changes Since the Q 1 Issue
Call POC or check AVA website (my.ava.org/events) for latest
information and more details.**

**OSB = Online Start Box. Entries with OSB are online only.
Go to my.ava.org to get started.**

<p>Benicia -- Co: Sol -- 2 walks Benicia State Recreation Area (Y1346) & Historic (Y0213) start TBD POC: Tom Smith 707.449.0574 by VVV</p>		<p>Laguna Niguel -- Co: Orng -- Regional Park walk(Y1342) start: Ted's Place Restaurant, 23900 Aliso Creek, Laguna Niguel, CA 92677 POC: Debbie Gley 949.683.0784 by LDR</p>
<p>Carmichael -- Co: Sac -- walk Hidden Parks (Y2418) CLOSED--Start point no longer available.</p>		<p>Mill Valley -- Co: Mrn -- walk Marin County (Y0391) start: Mill Valley Community Center. 180 El Camino Alto, Mill Valley, CA 94941, POC: Tom Smith 707.449.0574 by VVV <i>Closed Sundays</i></p>
<p>Galt -- Co: SAC -- Sacramento County walk (Y1303) start McDonald's Hamburgers 324 Pine St., Galt, CA 95632. POC: Cathy Pauley 915.479.1060, by DTT</p>		<p>Rancho Cordova -- Co: Sac -- walk Lake Natoma (Y0855) and bike Lake Natoma Tour (Y0036) start: Subway, 12195 Tributary Point, Rancho Cordova, CA 95670 POC: Sue Hopper 916.296.2289 by PP</p>
<p>***NEW Healdsburg NEW*** Co: Son Wine Country walk (Y0415) start: OSB only, POC: Shirley Hightower 707.696.0244 by SCS</p>		<p>Santa Cruz -- Co: SCruz -- walk Natural Bridges (Y0328) register Togo's Sandwich Shop, 902 Ocean St, Santa Cruz, CA 95060. POC: Holly Pelking 408.859.7978, by SBS <i>drive to the back entrance of Natural Bridges after registering.</i></p>
<p>Huntington Beach -- Co: Orng -- Huntington Beach Pier walk (Y0899) register Albertson's, 7201 Yorktown Ave., Huntington Beach, CA 92648, POC: Kathy Bundy 951.218.3755 by LDR <i>remote start at Farquhar Park, 898 12th St.</i></p>		<p>Sonoma -- Co: Son -- walk Sonoma County (Y0752) start: Tapestry by Hilton/Sonoma Valley Inn, 550 Second St. West, Sonoma CA 95476, POC : Marilyn Nasi 707.486.8528 by SCS</p>
<p>Isla Vista -- Co: SB -- walk UCSB (Y2578) start Woodstock Pizza, 928 Embarcadero del Norte, Goleta, CA 93117 POC: Ty Fredriks 805.714.1552 by CCBB</p>		<p>Truckee --Co: Nev -- Steiners' Memorial River Walk (Y0022) seasonal walk 05/0125 - 10/31/25, start: Raley's Market, 10001 Soaring Way, Truckee, CA 96161 POC Jennie Gordon 916.204.3839 by TTT</p>
<p>Laguna Beach -- Co: Orng -- walk Coast & Cliffs (Y1651), start: Pavillions Supermarket, 1000 Bayside Dr., Newport Beach, CA 92662 POC: Katy Bundy 951.218.3755 by LDR <i>Drive to remote start after registering.</i></p>		<p>Yorba Linda -- Co: Orng -- Nixon Library walk (Y0735), start: OSB or contact POC: Dottie Schwieger 951.505.9738 or HiDotWalk@aol.com by LDR</p>

**Y
E
A
R
R
O
U
N
D
S**

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

2025 Second Quarter Events in California

No.	Date(s)		Club(s)	Location	Co
1	04/12	W	SWS	Orangevale - Pecan Park	Sac
2	04/19	W	PP	Rocklin - walk to Sunset Whitney Park	Pla
	05/10		All	COMPASS articles due for the Third Quarter	
	05/15	W	All	Subscribe to The COMPASS for 2 issues in 2025	
3	06/06 - 06/08	W	SFBB & DTT	CVA Convention - Livermore Historic	Ala
4	06/06 - 06/08	W	SFBB & DTT	CVA Convention - Livermore Sycamore Grove	Ala
5	06/06 - 06/08	W	SFBB & DTT	Pleasanton - A Pleasant Walk	Ala
6	06/06 - 06/08	W	SFBB & DTT	Danville - History & Labyrinth	CC
7	06/14	W	DTT	Arnold - Calaveras Big Trees State Park	Cala

