



Footprints



Placer Pacers' Newsletter, PO Box 142, Auburn, California 95604

March 2010

CELEBRATING INTERNATIONAL MIRTH MONTH HA!

Jay's Jabber

Annual State of the Club Message

Already we had the chance to start the new year off with a bang. Let's give a huge thank you to Don Ratliff and his support team for a spectacular walk in Lincoln.



Have you ever heard the saying "Failure to plan on your part does not constitute an emergency on my part." At our last meeting we began the discussion on what walks to have in 2011. What's that all about? Didn't we just finish with 2010? There actually is a little planning that must be done in order to provide an exciting collection of walks. Early on we need to know basically where we want to do the event and when we want to do it. All of the clubs in California go through this process too and then the walks are put on a calendar. Can you imagine what would happen if there was no coordination? I can... Where am I going with that? At the March meeting I hope to be able to pin down the list of Placer Pacer events for 2011. It's all about planning, planning, planning. We don't want to have a calendar full of "TBD" that then turns into an emergency. Bet you were wondering when I was going to get around to that. ☺ We need to put a little effort into planning so people around the country, and world, can make their plans to come to our events. Let our event be the event of choice.

So... Let us assume that it is next month and we have chosen our events for next year. We all need to help the Walkmeister while he/she starts to put the event together. They need to provide a short paragraph that tells something about the event that would make "me" choose to come to it if I had a conflict. Sure, knowing what the special programs are will bring some, but a little write up about the event that will draw them in is also required. For example: If the event is in a nature preserve or park,

tell about any special birds, animals or plants (trees, flowers, etc) that might be seen.

Oh, did I forget? We have elections coming up soon – as does the CVA. If you have something that you would like to do to help the club or the state organization – or know of someone who does, please let one of the nominating committee know. If you do not know who the nominating committees are for those two elections you can contact me for the Placer Pacers or Bruce McDevitt for the CVA. Well, actually I know who they are too since I am one of them. ☺ It's pretty easy to sit back and let someone else do the job, but there is a huge amount of satisfaction in knowing that you were able to provide a service to not only keep the club going, but to promote change where change is necessary to continue to bring new members in and keep the old members interested. Come on out – volunteer – vote – campaign – socialize. ☺ That's right – socialize.

I'll see you all on the trail (and in the meetings☺) – Jay

Know Your Members

Pat & Roger Conant

Pat and Roger Conant have been members of the Placer Pacers for who knows how long! Well, actually since January 8, 1991, shortly after the Club was formed. They attended the September 1990 organizing meeting in Auburn, but had never heard of IVV or Volkssporting and didn't think the club would be for them, Roger being a runner and fast walker. That is, until walking the trails in Oregon while on vacation, they kept running across little IVV trail markers placed by a local walking club. They then had second thoughts, that "Maybe there is something to this." They joined the Club and have been faithful workers since.

Pat has served, at various times, as Secretary and Treasurer, while Roger has served as chairman of the set-up committee for walks, organized walks and sundry chores and positions over the years. He was Walkmeister for the 2007 American Volkssport Association Convention walk in Auburn. Roger is currently the Club's Trailmaster. Both have received the American Volkssport Association's Certificate of Service award.

Roger recently had eye surgery to remove cataracts, and implants to overcome hereditary loss of hearing. Roger's sight is significantly improved, and he continues to learn to use his hearing implants while marveling at new sounds – the chirping of birds and rain falling (a lot of that lately). Pat fell on the workers walk for an American River Canyon event the Placer Pacers had planned for the 1995 CVA Convention, and broke her ankle. Her second comment, after “Roger, I think I broke my ankle” was, “Oh, I won't be able to work at the convention.” Now, that's dedication. Her ankle recovered, but her knee eventually needed replacement. Evidently that surgery went well; she says she now has no pain and she completed the 11 kilometer walk in Lincoln on February 28.



Oh, yes, Roger turned 80 on March 1. Pat claims to have been a child bride and their marriage would have been illegal even in Tennessee had they not lied about her age. Roger smiled.

Health Report

Placer Pacers and Friends Ailing

We have members and friends who are ailing, folks who we need to keep in our thoughts and prayers as we take to the trails in quest of personal achievements. JoAnn Pelz is recovering from her second knee replacement, which occurred on Friday, February 26. Rita Plummer continues to recover from her leg injury, and expects to be back on the trail any day now. Jeanne Ross continues under care for her malfunctioning trachea. Lillian Webber's continuing bout with cancer hasn't slowed her down; she and Herb just returned from an extended sojourn to Central America, and was at the Notomas and Lincoln walks (where were you). Steve Hughart continues to recover from

his bike accident in June 2008 and multiple setbacks with surgeries and infections. We see him on crutches on 10 kilometer walks. Knee replacement is in his future, though he says it will be awhile. Jackie Wilson, our AVA Executive Director, is being treated for Amyloidosis, a rare blood disorder, and remains at home, after being in and out of the hospital for 21 days, as her immune system recovers. She will be out of the office for about three months. Jackie's previously announced plan to retire in August remains the plan.

Club Events

Placer Pacers Hosts Exceptional Events

The Placer Pacers are noted Nationally for their events, having earned the American Volkssport Association's Trailblazer Award in 2009. The selection of quality and interesting trails, well marked and/or with faultless directions and friendly, competent, motivated and helpful staffed Start, Finish, Specialties tables, and Checkpoints, sets the standard for conducting events.

Lincoln

Don and Marillyn Ratliff were Walkmeisters for the delightful walk in Lincoln on the weekend of February 27-28, and what a weekend it was. Reminiscent of October 1998 when they and the Placer Pacers hosted a walk in Lincoln, rain made for an “exciting” event, as only 49 hearty (but of questionable mental health) Volks braved the elements. Sunday was a different story, as the sun and over 100 (121 to be exact) fair weather (my kind of people) walkers graced the trail...and the checkpoint (staffed at the time of the photo below by Club President, Jay LaCroix).



Initially intended to start half a block away at Panera Bread Bakery, which closed within two weeks of agreeing

to host the start/finish, Mimi's Restaurant agreed to allow the use of their premises and, more importantly, the use of their restrooms. Several walkers and workers took advantage of the offer, and later showed their appreciation and good judgment by having lunch there. So, everyone was happy. We were even invited back.



In anticipation of Roger Conant's birthday on Monday, cupcakes and candles were available at the start/finish tables on Sunday. Our rendition of "Happy Birthday" almost caused the Management of Mimi's to rescind their invitation to return.

Then, there was the lady who didn't like the walk directions. She said that the directions should use compass headings (north, south, east or west) instead of right and left. Her argument was that the compass headings were constant and right and left so arbitrary...it depended upon which way you were walking. She had a point; if walking backwards, it is entirely possible that you might turn in the wrong direction. On the other hand...are different fingers (and in Wayne's case, more or less).

Don said he had no problem recruiting workers for the walk, and 31 came to help: Jim & AJ Bohanon, Donna Castorino, Pat & Roger Conant, Bette & Ron Haskell, Grace & Wayne Holloway, Jan Jerabek, Jay LaCroix, Gisela & Art Loyd, Jean Lucas, Pat Lucero, Betsy & Bruce McDevitt, Jerry Mohlenbrok, Roberta & Bud Murray, Susan Pinkham, Cris & Anthony Rangel, Doug Rathgeb, Don & Marillyn Ratliff, Judy Stroud, Jan & Oscar Timmons, Mike Vogel, and Joanna Watzig.

Grass Valley & Nevada City

Duel walks in Grass Valley and Nevada City are next on the schedule for the weekend of April 17-18. Roberta Murray and Pat Lucero are the Walkmeisters.

The route begins in the state park on dirt trails, and will exit onto city streets in Grass Valley. You will pass by various historical buildings including the Lola Montez House, and the Northstar Mining Museum & Pelton Wheel Exhibit.

The Park Ranger has not yet yielded a map that indicates which trails may be used, but has said that there will be no per-person charge to park at Empire Mine. However, those who wish to tour the mine grounds will have to buy a ticket for \$5.00.

Volks intent on walking in Nevada City will register at Empire Mine and drive (it's the best way to get there) to the Start Point in Pioneer Park. This route will be on city streets, passing many historical points of interest.

Fallen Leaf Lake

The Placer Pacers' biennial two walk trek of the Lake Tahoe and Fallen Leaf Lake environs is planned for the weekend of June 26-27, with Jan & Oscar Timmons once again (why change a good thing) hanging on as the Walkmeisters. Starting at the traditional Taylor Creek SnoPark, the 11K goes through forest, meadows along the shore line of both Fallen Leaf and Lake Tahoe, the Tallac Historic Area, the Forest Service Visitor Center, the Rainbow Nature Trail, and Stream Profile Chamber.

Following the success of the Mountain Magic weekend of last year, the Club is once again "partnering" with the Tahoe Trail Trekkers who will host a walk to Vikingsholm. After registering, it will be necessary to drive approximately 2.5 -3 miles to the walk start at Emerald Bay State Park. There will be an entry fee of \$8.00 per car. Suggest car pooling. Also suggest you arrive early as parking is limited. The walk takes us down a dirt trail to Lake Level. We will gaze in awe at world famous Emerald Bay nearly every step of the way. Tours of the unique Vikingsholm Castle are available 10-4. Follow the trail around the Bay noting numerous areas to stop and picnic or swim. Bring food and water, as no concessions are available. The walk is mostly flat, on dirt paths, but because of altitude (6,300 feet) and the trail down (and, unfortunately, back up) we must rate it a 3. This trail is in shade in the morning, sorry Volks, sunny for the walk up.

The guided night walk will pass Fallen Leaf Lake, through forest, meadow, and bike trail.

We, of the editorial persuasion, are hoping that the night walk will be followed by the ever popular Dessert Gorgie...

Auburn

The Placer Pacers' twentieth anniversary walk is scheduled in Auburn, the location of the Club's first walk, on September 25-26; Don & Marillyn the Walkmeisters.

Apple Hill

The annual "happening" at Apple Hill continues on the weekend of the second Sunday of November, the 13th and 14th, under the able Walkmeistering of Bette & Ron Haskell and gracious support of Brad Visman and Boa Vista Orchards.

Rocklin

Rounding out the year is the two delightful Christmas walks in Rocklin on December 18. Walkmeister wanted.

Next Year - 2011

On the negotiating table for dates on next year's calendar are walks at Hidden Falls (April), Silver Lake (July), Roseville (October), and Apple Hill (November).

More Info on Coming Events

CVA Convention and Out of State Road Trips

We wrote last month of four major events that have the potential for extended travel and multiple event wonderings: the California Volkssport Association convention in Idyllwild, California, the annual Volkssport weekend at the Crazy Horse Monument near Custer, South Dakota, the Columbia River Gorge Festival at Cascade Locks, Oregon, and the Whidbey Island Volkssport Festival at Coupeville, Washington. We have some additional information/encouragement. Pack those bags...

California Volkssport Association 2010 Annual Convention

The 2010 California Volkssport Association (CVA) convention is scheduled for Friday, Saturday and Sunday, April 30 through May 2, 2010. The Low Desert Roadrunners and the Green Valley Gaiters are co-hosting this fun filled weekend in the beautiful Mile-High City of Idyllwild where Herb Webber used to go to Boy Scout camp. Idyllwild, as most of you know (if you have ever spent any time with Herb talking about his youth), is nestled in the San Jacinto Mountains west of Palm Springs.

The Green Valley Gaiters now has the 2010 CVA convention on their website (www.greenvalleygaiters.org). When you go there you will see a webpage link in the Scheduled Walking Events section. Take a look at it; then download the pre-registration form - fill it out and send it in. Our friends down south are all looking forward to a great convention and a great time. Even more information on the convention is in the COMPASS, and on the AVA and CVA web-sites.

If you still need information, contact John Cappello at (951) 845-5442 e-mail: jtcapp@dc.rr.com or Jean Vik of the LDRR club at (951) 737 8341 e-mail: walkervik@aol.com.

Several Placer Pacers are going, but there are no known plans to car -a -van or take in YREs along the way.

Crazy Horse and Whidbey Island

More and more Placer Pacers and friends are indicating a desire to join in on the car-a-van to these awesome events. Walks in transit continue to be "planned." So far, we have Salt Lake City and Cheyenne on the way to Crazy Horse, a few days of lollygagging in the Custer, SD area before taking a circuitous route through Bismarck, Pierre and Helena on the way to the Columbia River Gorge. Only the Silver Falls walk in Oregon is on the route map for Whidbey Island. Stay tuned.

Three Dollar Williams

The Placer Pacers has a special deal for club members, the Three Dollar William.



The Three Dollar William (PPW) can be used in payment of the registration fee for Placer Pacer events. With a \$3.00 face value, the PPW can be purchased by members at club meetings at the extraordinary price of four for \$10.00. Now, as a history major, even I can figure that works out to \$2.50 each, saving me 50 cents a walk. The Placer Pacers feel that their hard working and involved members should reap some benefit for being a club member...in addition to the friendship and free newsletter. Selling them only at club meetings is expected to attract increased attendance at that awesome monthly occurrence. Segue to...

Next Meeting

The next Placer Pacers business meeting will be at 7 PM, March 9, 2010, at the Round Table Pizza Restaurant in Auburn Town Center, 370 Elm Avenue, a block north of Interstate 80. Come early for your favorite table, to eat and make gossip.

Rescue Wisdom: Avoid cutting yourself when slicing vegetables by getting someone else to hold them while you chop.

"Lord, you pick 'em up and I'll put 'em down."