



Footprints



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

May 2010

CELEBRATING NATIONAL PHYSICAL FITNESS & SPORTS MONTH LET'S ALL TAKE A WALK...OR RIDE A BIKE!

Jay's Jabber

CVA Convention and PP Walks

Continuing the tradition of having Placer Pacers involved in both California Volkssport Association and National American Volkssport Association, on May First, at the CVA convention in Idyllwild, I was elected CVA President. Thank you all for your support for this. I will be absent for the Placer Pacers meeting in May, but will be back for our elections in June.



Idyllwild was great – good walks, good food, and a nice venue. Somewhat of a challenge for us who live at almost sea level, but fun none-the-less. Although it would have been nice had they placed oxygen bottles along the route on a couple of those hills. © Oh yes, hats off to Bruce for holding the meeting part of the weekend to a mere 2.5 hours. For those who couldn't make it, next year it will be a little closer to home. The Sacramento Walking Sticks are hosting the CVA convention in 2011. Mark the dates as they are slightly different from the norm. The convention itself will be on April 30, 2011 instead of the first Saturday of May.

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

Club Elections

They're Nondenominational

The annual, because the Placer Pacers' constitution says so, election of club officers will be conducted at the June 8 Club meeting – that will be next month.

If you read this august newsletter last month, you learned, but may not remember that Jay, will be termed out as the Club President, as will Don Ratliff as the Vice President, and Pat Lucero as Secretary. Placer Pacers Treasurer, Betsy McDevitt, is the only incumbent available for re-election to the same office.

Here's a scoop – if you failed to attend the meeting in April – Marillyn Ratliff, reporting on behalf of the Nominating Committee consisting of herself, Pat Lucero and Jan Timmons, announced a slate of candidates. They are, Don Ratliff for President, Betsy McDevitt for Vice President, Pat Lucero for Treasure...er, and Carmen Krizl for Secretary.

If you aren't happy with the listed nominees – What's Wrong With You – nominations will be accepted from the floor. So, if you have an overwhelming desire for public exposure, a little free time, a modicum of leadership ability and patience, loads of common sense and a desire to support your favorite Volkssport Club, speak up at the meeting when Jay asks, "Is there nominations from the floor for"

The various committee chairmanships will be subject to renewal, with some becoming available for the volunteer with an excess of ideas and/or free time (free time is not a perquisite). Do not wait to be called upon; step up.

Dues Due

It Happens Every Year

It's time for payment of annual club membership dues. The Club membership year runs from July 1 through June 30. Help your membership chairperson, A.J. Bohanon, and the Club by sending in your membership renewal **now**.

Individual Memberships are \$10.00 for one year and Family Memberships are \$15.00. If you are paid up but would like to extend you membership, you may do that too. Just send in a check for the correct amount, and you will be glad that you did.

With your membership comes great fellowship, monthly meetings, a usually monthly newsletter, discounts on event participation (Three Dollar Williams available from the Club Treasurer at Club meetings), and sundry other good things.

Make checks payable to Placer Pacers and mail to Placer Pacers Membership, PO Box 142, Auburn, CA 95604. You may also sign up with A.J. at one of the club meetings or outings.

If you are receiving this wonderful newsletter, and you are not a member of the Placer Pacers, don't count on it continuing to arrive in your email in-basket after July Oneth. (Courtesy copies sent only to the editor's friends – both of them.)

Trail Etiquette

Didja Ever Wonder

Timely words from the desk of Jay LaCroix

So here you are one day having to share the trail with bikes. You are walking along and suddenly there is a bike coming at you. What do you do? Actually, where were you when you saw the bike? Were you in the middle of the trail? On the right? Or on the left? Bikers are supposed to ride a trail just as they ride a road. Cars and bicycles are supposed to be on the right side of the road – or in this case trail. Walkers should walk on the left of the trail facing oncoming traffic just as they would on a road. Here is a short list of the rules and the why behind the rules.

All trail Users

- Be Aware, Look and Listen
 - Avoid sudden movements and act predictably.
 - Establish eye contact when passing.
 - Look before switching lanes or directions of travel.
 - Avoid covering both ears with headphones as it can be difficult to hear what's going on around you -- this is the law for bicyclists.
- Don't Block the Trail
 - Avoid stopping in the middle of the trail, on bridges, or on other narrow areas of the trail.
 - When you need to stop, move to the edge of the trail or trail shoulder.
 - Leave room for others to pass.
 - Spectators at sporting events should not use the trail for seating.

Pedestrians

- Pedestrians Keep Left to Face Oncoming Bicyclists. Directing pedestrians to the left side is beneficial because:
 - When pedestrians are on the right side of the trail they can't see bicyclists approaching from behind.
 - It allows pedestrians to see oncoming bicyclists, which assists successful negotiation of the passing movement

through eye contact, body language, signals, and verbal communication.

- In the future, some Roseville trails will connect to trails in other jurisdictions that already guide pedestrians to walk on the left side.
- Walking on the left side of the trail is similar to the vehicle code requirement that pedestrians walk on the left side of a road when sidewalks are not present.
- Don't Block the Trail by traveling no more than two abreast and leaving room for others to pass.

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. The signup sheets for the Club's next walk, Fallen Leaf Lake (June 26-27) on the Club's website at: <http://www.placerpacers.org/empire-workers.htm>, and <http://www.placerpacers.org/FL-workers.htm>.

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 Fallen Leaf Lake 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. The World Infamous Dessert Gorgie is promised following the walk.

All three events are in El Dorado County, and qualify for Authors & Literary Landmarks and Pony Express Special Events.

Jan cautions to bring mosquito repellent, guaranteeing that it will be needed.

Auburn

The Placer Pacers' twentieth anniversary walk is scheduled in Auburn, the location of the Club's first walk, on September 24-26; three days for three walks. The start point will be the Auburn Dam Overlook. The walks are the Canyon, Town and Confluence to Lake Clementine. There will be a barbecue and cake. Don & Marillyn are 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. Distances of 5, 10 and 13 kilometers will be offered, primarily on narrow paved roads past Christmas tree farms, and several of this area's World Famous apple orchards and bake shops, where you may find calories galore.

Rocklin

Rounding out the year is the two delightful Christmas walks in Rocklin on December 18. Judy Stroud and Marillyn Ratliff have volunteered to be the Walkmeisters. This may be the last year for this walk. The lights are getting dimmer.

Next Year - 2011

On the negotiating table for dates on next year's calendar are walks at Hidden Falls (Apr 2-3), Silver Lake (Jul 29-31) Apple Hill (Nov 12-13), and Rocklin (Dec 10).

All of the current Placer Pacers Year Round events (Natomas and Rancho Cordova walks and bikes, Grass Valley, Auburn, Weimar, Roseville-Bea Griffin, Roseville-Peggy Plummer) will be renewed, and a third walk will be added in Roseville – Sculpture Walk.

Associate Membership

An Individual Associate Membership in the American Volkssport Association is \$25; \$30 for a Family. Support your favorite walking organization; join today.

More Info on Coming Events

Extravaganza and Out of State Road Trips

We have written the last couple of months of four major events that have the potential for extended travel and multiple event wonderings: 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 cannot leave out the multi-event weekend of the Redding Spring Extravaganza from May 21 through 23, where we always have a good time...even rowdy.

Redding Extravaganza

The Shasta Sundial Strollers are bringing us their annual Spring Extravaganza in May this year, figuring to give the trails time to recover from the winter such as plagued them last year. We are thinking their foresight is worthy of special merit, considering walks will be in Red Bluff, Redding (of course), Mt Shasta City, and Whiskeytown. Registration information is in the COMPASS.

Red Bluff. Did you know that Red Bluff was the hub of commerce during the Gold Rush? Much wealth was acquired from adventurous gold miners who made their way north after purchasing supplies in Red Bluff. The route includes many fabulous homes built during this boom with descriptions included in the walk directions. The 5K route is in a more natural setting along the Sacramento River in the Sacramento River Discovery Center. This walk is in Tehama County (for you "County Counters") and qualifies for Artistic Heritage, Authors and Literary Landmarks, Cemetery Stroll, Firehouses, Riverwalk America Special Events.

Redding. This walk will take you through the beginnings of Redding. Many historical sites are along the way with descriptions in the walk directions. Did you know that Frank Lloyd Wright designed a church right here in Redding? Bring your Authors and Literary Landmarks, Cemetery Stroll, Historic Churches, Honoring Law Enforcement, Railroad Heritage, Riverwalk America Special Event books for this Shasta County walk.

Swasey Recreation Area. Located in Mt Shasta City the Swasey Recreation Area is a newly opened system of trails on Bureau of Land Management property. You will have opportunities to see wildlife, vistas and the natural landscape of the Redding area. Another Shasta County event and qualifies for the Authors and Literary Landmarks Special Event.

Whiskeytown National Recreation Area. Prior to Whiskeytown becoming a national recreation area, it was home to industrious pioneers who built homesteads and mining operations. This walk will take you through some of the history of this area as well as the natural beauty of this gem of a national park. See artifacts of early mining operations. Yet another Shasta County event and qualifies for the Authors and Literary Landmarks, Cemetery Stroll, and Museums Special Events.

Crazy Horse

The migration of California Volkssporters to the 25th anniversary of the Volkswalk (hike) to the outstretched arm of the Crazy Horse Monument is almost upon us, as More and more Placer Pacers and friends are planning to join the car-a-van. John Cappello, the newly elected CVA V-P South, will join with those of us heading out from Auburn on May 31...as soon as Grace & Wayne can get there from Rescue.

While others may depart on their own schedule, the main contingent intends to depart on Monday, Memorial Day, with the first stop in Elko, Nevada. The drive from Elko to Salt Lake City is about four hours, just in time for lunch and plenty of time for the Temple Square (Capitol) Walk. Stay over in SLC and drive about six hours to Cheyenne on Wednesday. Take in the Cheyenne Capitol Walk on Thursday morning, have lunch and motor on up to Custer, South Dakota just in time for dinner. (I love this trip already.) Take in a Year Round or two on Friday, as the group decides...between breakfast, lunch and dinner. (This is great!) Walk Crazy Horse on Saturday and/or Sunday in accordance with group druthers. Some folks will be heading home or someplace else while others may lollygag in the Custer, SD area a few days before taking a circuitous route through Bismarck, Pierre and Helena on the way to the Columbia River Gorge.

There is no advance registration for Crazy Horse, just show up with three bucks.

Whidbey Island

Visit beautiful Whidbey Island for a Volkswalking Extravaganza! See Washington's second oldest town with its Victorian homes and small town stores. Walk across farm fields and to the beach. Fabulous Puget Sound and Mountain views on all walks. And we haven't forgotten the fourth F in Volkswalking—Food! After the special Mayor's walk on Friday, join us for a walkers' meet 'n' greet. On Saturday walk to the BBQ at Jenne Farm and take the bus back into town and on Sunday the Town of Coupeville invites you to a free concert in the park and a Salmon BBQ.

All walks start at the Coupeville Recreation Center, and they are:

Whidbey Coast-to-Coast. Walk on paved and dirt paths and along country roads, across Ebey's Landing Historical

Reserve to Ebey's Landing beach. Watch for eagles, whales, otters, and submarines. Views overlooking Puget Sound to Port Townsend and the Olympic Mountains.

Historic Town of Coupeville. Walk around Coupeville seeing many Victorian homes and along main street to the much photo'd Penn Cove Dock. Views of Mount Baker and the Cascade Mountains. Look for artists in the Plein Air Painters' US Open around town and the Reserve. Join Mayor Conard on Friday evening for a special walk on this route.

Farm Heritage. Walk along rural roads and across farm fields to Jenne Farm. Visit our agricultural heritage past and present. See historic Jenne Farm and pause for views across farmland to the Puget Sound, Cascades and Olympics. Take your time and enjoy a bratwurst while you are at the farm. Catch a special bus back to Coupeville Recreation Hall.

Fort Ebey. Ride the bus to a special drop-off point at the edge of the woods in Fort Ebey State Park. The first five km is through the woods and along the bluff to the Artillery Bunkers. Return along the paved trail to Coupeville. Views of the Puget Sound and Olympic Mountains.

Penn Cove. Jump on the bus at the Coupeville Recreation Hall and ride it 6.2 miles to the start of this walk which will take you all along Penn Cove. Fabulous water and mountain views the entire walk. Look for wildlife and Penn Cove Mussel beds.

News From AVA

Executive Director Vacancy

The filing date for submitting paperwork for the position of Executive Director of the American Volkssport Association has closed. So, if you are interested in the position which is coming open with Jackie Wilson's retirement at the end of August, you are too late.

Of the 67 applications received, 25 met the submission requirements and are under review. Most of the applications are from Texas, as one might suspect, the AVA Headquarters being located in Universal City outside San Antonio, but some were from as far away as Ohio and Washington.

Interviews of likely suspects will take place at AVA HQ in mid June, with an announcement to be made shortly thereafter...one might expect.

Next Meeting

The next Placer Pacers business meeting will be at 7 PM, May 11, 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: If you can't fix it with a hammer, you've got an electrical problem.

“Lord, you pick ‘em up and I’ll put ‘em down.”