



Footprints



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

September 2011

**SEPTEMBER IS SUBLIMINAL COMMUNICATIONS MONTH
IT DOESN'T WORK – WE TRIED IT WITH THE JULY AND AUGUST ISSUES**

Don's Discourse

**Support Volkssporting In California and
across the United States**

Here it is September already. Can November and Apple Hill be far away? Apple Hill is our next traditional club event. This is normally our best attended walk of the year. We had over 200 walkers at Apple Hill last year and hopefully we will have that many and more this year. If you can't help out to work a check point or the start/finish for a couple of hours, come up and do the walk. It is a little hilly, but the apple pies and hot apple cider make it worth it. The signup sheet is at www.placerpacers.com and click on walk work list. You must send me an email or call me at (916) 645-8280 to reserve your spot to help on this fun walk.



We are also trying something different to get you out walking and growing club membership. You will find an article in this issue concerning revaluation of the Three Dollar William. We are also joining other clubs in California, and possibly across the nation, in hosting a "free walk with a guest day" in October. There are a couple of articles concerning that in this newsletter, as well.

On another note, there have been plenty of walks lately to get out and see some of Northern California. We have been walking in Hercules, San Francisco, and Benicia in the last weeks. This weekend is Dixon with Lodi and Sonoma coming up. These are some great places to walk, meet friends, and get some exercise.

See you on the trails. *Don*

Dues Due

Listen Up People, AJ is Not Happy

It's over two months since it was time for payment of Annual club membership dues. The Club membership year runs from July 1 through June 30. Help calm your membership chairperson, A.J. Bohanon; improve her disposition (well, at least try) and the Club treasury by sending in your membership renewal **now**...before she starts calling you. She called me once, and, believe me, that lady has a unique command of the English language.

Individual Memberships are \$10.00 for one year, and \$15 for Family Memberships. If you are paid up but would like to extend your 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 monthly newsletter...usually, discounts on event participation (Three Dollar Williams available from the Club Treasurer at Club meetings only), and sundry other good things.

Make checks payable to Placer Pacers and mail to Placer Pacers Membership, c/o A.J. Bohanon, 1007 Sage Road, Colfax, CA 9571304. You may also sign up with A.J. or a club officer 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 October First. (Courtesy copies sent only to the editor's friends – both of them.)

New Price for the Three Dollar William

\$1.50 to Club Members

The Placer Pacer Three Dollar William (3dw) has been revalued. Formerly sold to members of the Placer Pacers for \$2.50, the 3dw will be sold at the September and subsequent meetings for \$1.50.

The purpose of this initiative is to encourage club members to take advantage of the new ruling that allows stamping the IVV/AVA Event Book each day the event is walked, with the additional motive of getting club members on the trail more often. It was argued that paying the full registration fee of \$3.00 (\$2.50 with the old 3dw) wouldn't encourage folks to walk the same old walk (SOW) every day, every other day, weekly, so we should try something different...\$1.50 for the new and improved Three Dollar William. One catch: They can only be purchased from the club treasurer at club meetings. The reason for that is twofold: to avoid confusion of non-members who might observe sales at events; and, to get folks to the meetings...at least occasionally.



The success of this initiative will be evaluated at the end of calendar year 2012 – by criteria undetermined.

As with the Placer Pacer Buck (ppb), and the old 3dw, the “new” William can only be used for payment of registration fees for Placer Pacer Traditional and Year Round Events only; they will not be honored by other clubs. The 3dw is intended for, and will be sold only to members of the Placer Pacers; therefore, they will not be accepted at Placer Pacer events from non-members.

Pacer Nuggets

Event Participation Achievements

The following Placer Pacers were acknowledged in the latest edition of *The American Wanderer* as having attained the IVV Award milestone indicated.

Events

Betty Howland	1000
Janice Jerabek	500
Art Loyd	1200
Jean Lucas	550
Qeldas Pickett	400
Bud Simmons	2000
Jill Simmons	2000

Distance (Kilometers)

Charlie Fowble	35000
Janice Jerabek	5500
Jean Lucas	5500
Doug Rathgeb	5000

California Free Walk With A Guest Day

A Strategic Plan

Guest Article by John Cappello

California is getting a free walk with a guest day! Wow — and whoop-dedoo! Does this mean that a walker on a certain day will be carried on the back of a guest from the Pacific Ocean to the Arizona border?

Well, actually no; no one is going to carry anyone across anywhere. What it means is that on Saturday, October 22 California Volkssport clubs will pay the \$3 credit fees for any club member that brings a non-member guest to do a scheduled or group walk with him/her. That's it.

The Southern California clubs first came up with this idea at one of their group meetings. Someone asked, “What can we do to bring in new members that we know are out there.” Then someone jumped up and said, “How about if we pay for the walk for any member who brings a guest with them to an event?” Then another someone jumped up and said, “Hey, why not.

The clubs can afford it; let's have it on a special day and call it a promotion idea.”

The ground rules are simple. The club plans either a sanctioned walk or group walk for October 22. The club then pays for the member and the guest walks free. Some clubs even went so far as to say they will give a free new

walker package to any guest walker that joins our club. Some also added giving a free National Volkssport Month patch to each member walker and guest who joins their club.

This was brought up at the California State Convention, and the clubs from central and northern California liked the idea and it was changed to California-wide — Free Walk with a Guest Day. Sounds like fun, and who knows, we may get some new members in our clubs. The California clubs all agree that they will not mind if the rest of the country adopted this idea and made it a USA-wide — Free Walk with a Guest Day.

Placer Pacers Free Walk With A Guest Day

An Operational Plan

If you didn't get a chance to read John Cappello's "California free walk with a guest day" article in the August-September issue of *The American Wanderer*, take a gander at the article immediately above this one.

Your Placer Pacers are, of course, participating in this venture, but have developed their own operational/motivational plan aptly titled *Operation Placers Pacers Free Walk With A Guest Day*. (We are so good.)

This is a big deal folks and demands every member's participation...even if you cannot bring a guest; we need you to walk with us. So...

On Saturday, October 22nd, for this special occasion, we will walk our most favorite Auburn Year Round Event. Registration will be between 9 and 10 a.m. at the traditional start location, Flour Garden Bakery, 304-C Elm Avenue. Come early for a parking spot and to be at the head of the line.

If your guest happens to be a new walker, never having participated in a Volkssporting event, you and your guest will walk free for AVA/IVV credit (a stamp in your event and/or distance book). Additionally, the first 20 new walkers will receive the AVA October National Volkssporting Month patch. Of course you may purchase one...it's pretty; see?

On top of that, each new walker adult who opts to become a member of the Placer Pacers will receive a New Walker Packet valued at a bunch of bucks. Roberta Murray, our most able Specialties Committee Chairperson, will bring a stash of B awards for children – their choice,



and free. There may be other "freebies" to be given to unsuspecting walkers.

The purpose of this effort: to get people (especially you) walking and to grow the club's membership (we are getting tired of hearing the same old stories/rumors).

Come on out; it won't be as much fun without you.

Plus Signs (+) Gone

Event Stamp Use and Event Ratings Changed

Allow motion from the floor at the convention to event books to be stamped each day an event is completed narrowly passed. The previous policy that permitted stamping of event books twice a year – once in the first half of the year with a + next to the year, and once in the second half of the year after the + was removed, became obsolete immediately. Besides making Year Round Events more attractive, there is an immediate savings to AVA of \$6,000 by avoiding the purchase of the + slugs. So, get out there and fill up those Event Books; you can get a stamp every day, which will go a long way toward keeping the doctor away...that and apples. See Year Round Events article below.

Previously approved is a new rating system for event difficulty that does away with the 1-2-3-4-5 system, and the + when organizers couldn't make up their minds between two numbers, or were reluctant to use a higher number in fear of deterring participation. The new system follows the two part system that has been used in Canada for years. The first part, a number 1 (not bad) through 5 (oh, my), describes the incline or cumulative elevation gain across the route. The second part, a letter A (how smooth is this) through E (why didn't I stay home) describes the terrain. It appears that confusion exists in dealing with the incline, or elevation gain. The idea is simple, but guess work is involved. The trailmaster guesses the height of each hill/incline on the route and adds those numbers together. It is the editor's opinion that a good verbal description of the route beats any grading system; there is no ambiguity in, "This is a very difficult trail with several (six) steep inclines on rough and rutted paths," but that's just me.

Club Events

Placer Pacers Hosts Exceptional Events

The Placer Pacers are noted Nationally for their quality events, having earned the American Volkssport Association's Trailblazer Award in 2009, and sets an unrivaled standard for conducting events.

Year Round Events

The Placer Pacers' Year Round Events are in need of participants; walk at your convenience and often. A new walk has been added in Roseville, the Sculpture route, joining two other Placer Pacer walks in Roseville, the Peggy Plummer Memorial and Bea Griffin Memorial, along with those in Rancho Cordova, Grass Valley, Weimar, Placerville, Auburn, and Natomas, and the Bike Events in Rancho Cordova and Natomas.

The new policy that permits an event stamp every day, and the revalued Three Dollar William should encourage you to walk your nearby Year Round Event more often – if not every day. There is thought being given to organizing a mid-week program for the Placerville and Rancho Cordova walks especially for those of us residing south of The River who must drive an hour or more to get to other events.

Traditional Events

Well, that long awaited return to Silver Lake on July 29-31 didn't pan out...too much snow. Hopefully, we'll get a chance at it again soon. Apple Hill is a constant, regardless of weather, and we will return there on November 12-13. We will close out the year again with Rocklin – or somewhere – on December 10.

Looking Ahead to 2012

Traditional walks for 2012 – Apple Hill – November 10 & 11 (Haskells), Fallen Leaf – June 23&24 (Timmons), Spenceville – March 17& 18 (Jay), Lincoln – February 11 & 12 (Ratliffs), Roseville – October 6 & 7 (Judy).

The dates for the Lincoln walk is still up in the air. We chose to use the second weekend in February; however, the Vaca Valley Volks has asked to have that weekend for the flyway walk, only the people putting on the flyway have not made up their mind whether they are going to

do the first or second weekend in February. We are still waiting on that decision.

All of the Placer Pacers Year Round Events: Roseville, Natomas, Grass Valley, Weimar, Auburn, Placerville, and Rancho Cordova will be continued in 2012.

Road Trips

Overnight trips to distant Volkssporting events promotes friendships, offers mental health breaks, and helps out host clubs with increased participation. The Placer Pacers, of course, leads the pack in organizing such excursions; Crazy Horse twice, the Central Coast invasion, four AVA conventions, and Shady Cove, Oregon are evidence that Volkssporting can be an adventure...and great fun. Such excursions are in the thinking-about-it stage, with a National Parks tour into Utah the most promising at the moment. Judy Stroud is the motivator and organizer for a late spring invasion.

The initial thinking is that the group will spend two or three days at each park participating in walks. If a sanctioned walk is not available as a Year Round Event, then the Placer Pacers will sanction a Traditional event for the dates the group will be there. So, be thinking on that...and contact Judy if you are interested.

There is also thought being given to an invasion of Southern California next year. There has been talk with CVA's Southern Vice President about organizing Traditional Events on consecutive weekends as anchors for a week's participation in Year Round events – and there are some really great YREs down there. More communication with John Cappello is needed to get planning going on that one.

Next Meeting

The next Placer Pacers business meeting will be at 7 PM, September 13, 2011, 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: Red meat is not bad for you. Fuzzy green meat is bad for you.

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