

Convention Meeting and Check In: Elks Lodge, 5631 Cypress Ave, Carmichael 95608

Nearby hotels:

- ✓ La Quinta by Wyndham, 11131 Folsom Blvd, Rancho Cordova 95670 (pet friendly, no breakfast yet but Brookfield's is steps away) - 6.3 miles from Elks Lodge
- ✓ Sacramento Marriott Rancho Cordova, 11211 Point E Dr., Rancho Cordova 95742 (only service animals, no breakfast but there is a Starbucks) - 6.3 miles from Elks Lodge
- ✓ Courtyard by Marriott Sacramento, 10683 White Rock Rd, Rancho Cordova 95670 (Yes to breakfast, no dogs except service) - 8 miles to Elks Lodge
- ✓ Best Western Plus Rancho Cordova Inn, 10173 White Rock Rd, Rancho Cordova 95670 (pet friendly, yes to breakfast) - 9.9 miles to Elks Lodge
- ✓ Sacramento does have a Hostel downtown, HI Sacramento Hostel, 925 H St, Sacramento 95814. 916.668.6632 or Sacramento@hiosa.org

RV's:

- ✓ If you are an Elks Member you can park at the lodge on a first come basis.
- ✓ Sac West RV Park & Campground, 3951 Lake Rd, West Sacramento. Located on I-80 just west of the I-80/US-50 split. It has full hook-ups, pull-through sites and can accommodate the biggest RV's, 5th wheels and motorhomes. It's the best site for out-of-towners, with good shade and lots of trees. Phone 916.371.6771. Email: info@sacwestrvpark.com
- ✓ The most central RV Park is at Cal Expo. They have full hook-ups, restrooms and showers. 1600 Exposition Blvd. It's basically a gravel parking lot but can accommodate big 5th wheels and motorhomes. Close to Howe Ave & Arden Way. 916.263.3187 or toll free 877.225.3976. email: rvpark@calexpo.com



California Volkssport Convention

Carmichael / Folsom, CA

October 1-3, 2021

Two 5/10K; One 5/6/11/16K Walks



Hosted by
Sacramento Walking Sticks



AMERICA'S
WALKING CLUB
— ESTABLISHED 1976 —



For more information, visit
<https://my.ava.org/find-an-event.php>

(Search by state - California)

VOLKSMARCH: A Volksmarch is simply a walk along a pre-marked route. These walks are non-competitive & non-timed. This makes them excellent recreational events for the entire family. Children under the age of 12 must be accompanied by an adult. Anyone who pays the registration fee & completes the distance will receive the event credit.

Walk 1: Folsom, the Johnny Cash Trail. Sanction # PA-119035, rated 1B. Start table address: Rodeo Park, 200 Stafford St., Folsom CA 95630. Start table open: Friday only – Noon to 3:00 p.m. Return by 6:00 p.m. Hard for strollers and wheelchairs. Pets OK.

Walk 2: Folsom, the Humbug Willow Creek Trails. # PA-119036, rated 1A. Start table address: Elvie Perazzo Briggs Park, 125 Manseau Dr., Folsom CA 95630. Start table open: Saturday only – 7:00-10:00 a.m., return by 1:00 p.m. Medium for strollers and wheelchairs. Pets OK.

Walk 3: Sacramento, Sutter's Landing Park to McKinley Village and back. Sanction # PA-119037, rated 1A. 5K, 6K, 11K, 16K. Start table address: Sutter's Landing Park, 20 28th St., Sacramento CA 95816. Start table open: Sunday only – 8:00 a.m.-noon, return by 2:00 p.m. Hard for strollers and wheelchairs. Pets OK.

RESTROOMS AND WATER: Restroom and water available at the start/finish and along the trails. Pets are OK on all 3 events.

DISCLAIMER: Walk events will take place regardless of the weather conditions. The sponsors are not liable for accidents, thefts and/or material damage. Reasonable effort will be made by the sponsors to make this a safe, enjoyable and memorable event. A waiver must be signed by those participating in any event. A parent or guardian must sign for children under 18.

KEY EVENTS / TIME / LOCATION:

Convention Check-In: Elks Lodge, 5631 Cypress Ave., Carmichael
(Times for attendees to pick up badge, meal tickets, convention award and walk directions for walks not starting at start table.)

Friday, Oct. 1 – Noon-3:00 p.m. / Saturday, Oct. 2 – 7:00-10:00 a.m. / Sunday, Oct. 3 – 8:00 a.m. to Noon

Meet & Greet (free): Friday, Oct. 1 at 7:00 p.m.
Elks Lodge, 5631 Cypress Ave, Carmichael

Box Lunch: Saturday, Oct. 2 at 12:30-2:00 p.m. (pre-registration only)
Elks Lodge, 5631 Cypress Ave., Carmichael

Delegate registration: Saturday, Oct. 2 at 1:00-1:45 p.m.
Elks Lodge, 5631 Cypress Ave., Carmichael

Annual Meeting: Saturday, Oct. 2 at 2:00 p.m.
Elks Lodge, 5631 Cypress Ave., Carmichael

Group Dinner: Saturday, Oct. 2 at 6:00 p.m. (pre-registration only)
Old Spaghetti Factory, 12401 Folsom Blvd., Rancho Cordova

Name _____

Address _____

City/State/ZIP _____

Phone _____ e-mail _____

Make your check/money order payable to SWS (no cash please) and mail to Sacramento Walking Sticks, Attn: Treasurer, P.O. Box 277303, Sacramento CA 95827-7303.

Pre-Registration form must be received by **September 17, 2021**

Sorry, no refunds for no-shows. **FOR MORE INFORMATION: Barbara Nuss, SWS President, 916-283-4650; nussb@Surewest.net or Steve Hughart, Treasurer, 916-616-7150, hugharts@sbcglobal.net.**

Web site: www.SacramentoWalkingSticks.org or cva4u.org

Walk 1: IVV Credit \$3 ___ Free ___ How many? ___ Total \$ ___

Walk 2: IVV Credit \$3 ___ Free ___ How many? ___ Total \$ ___

Walk 3: IVV Credit \$3 ___ Free ___ How many? ___ Total \$ ___

Convention Award \$4 (photo on front) How many? ___ Total \$ ___
Order with pre-registration to secure the convention award

Friday Nite Meet & Greet (no cost) Yes or No (circle one)
at 7 p.m. If Yes, how many _____

Box Lunch - \$10 each. How many? _____ Total \$ _____

(sandwich, chips, cookie, grapes) Turkey ___ Ham ___ Veggie ___

Sat 6 pm Group Dinner - \$25 How many? _____ Total \$ _____
Old Spaghetti Factory, 12401 Folsom Blvd, Rancho Cordova
(meat or vegetarian entrée, salad, sourdough bread, ice cream, drink, tax & gratuity)