



THE SACRAMENTO WALKING STICKS
No Sweat Gazette
JANUARY & FEBRUARY 2026

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CHANGES TO WALK LOCATIONS

2026

[Click Here](#)

CLUB MEETING

Thursday, February 12th

6 to 8 pm

Arden-Dimick Library

**THANKS TO THOSE
WHO SHARE THEIR
TRAVELS WITH US!**

YOU ARE INSPIRING.

The next best thing to
seeing you on the trail is
seeing you on the pages of
the No Sweat Gazette!

sticksnewsletter@gmail.com

NEW YEARS DAY ON THE DEL RIO TRAIL

Join the Sacramento Walking Sticks on January 1st 2026

Start:

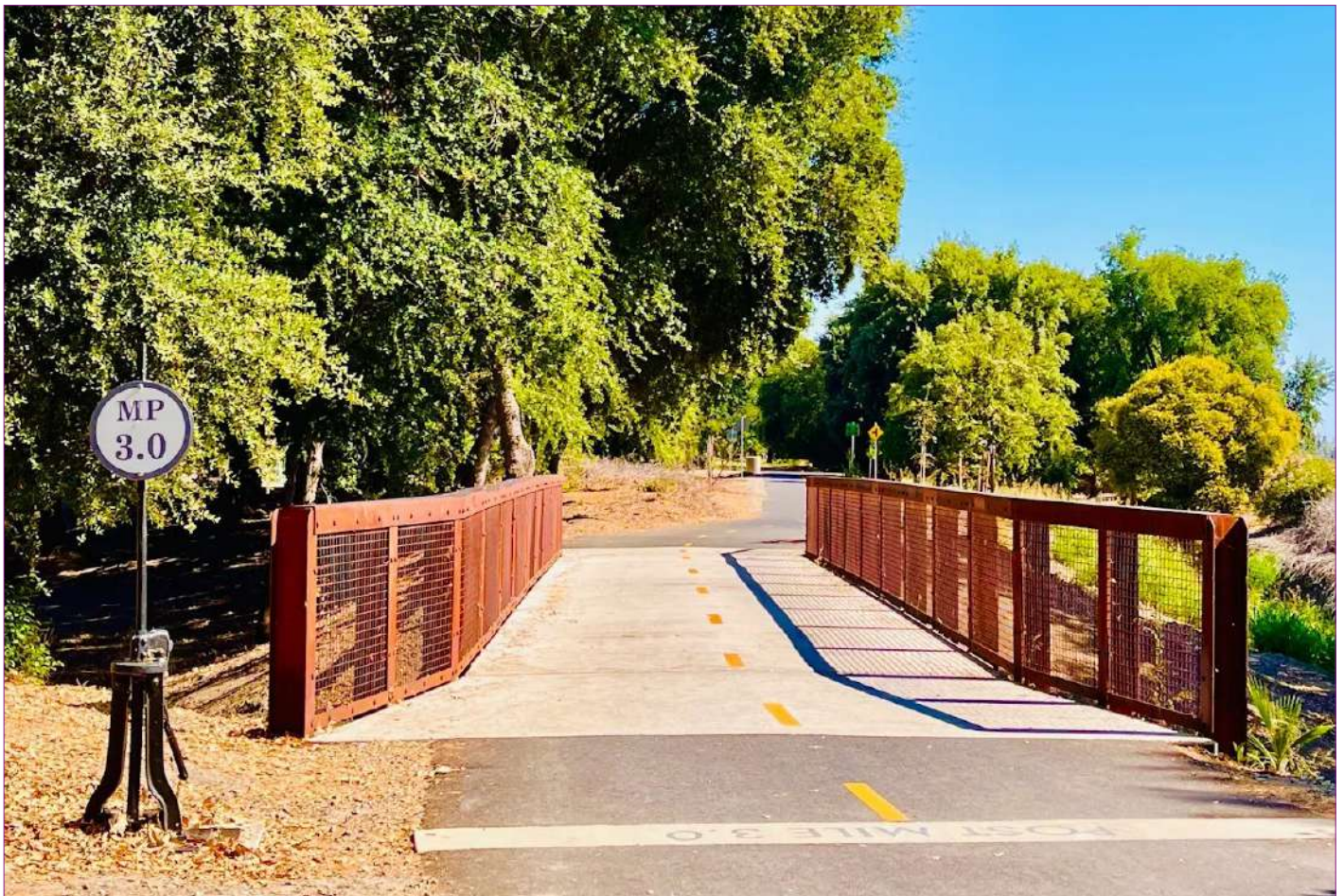
Sprouts Shopping Center,
4408 Del Rio Road
Sacramento, CA 95822

Registration is 9:00 am to Noon/ Walk Ends by 3:00 pm

Distances: 5k & 11k

Contact: Jennifer Stanley stamsylph@aol.com

This is a new walking and biking path that was a rail-line in the past. The route passes residences, businesses, schools, shops, parks and more. When a reconstruction project is completed over I5 the trail will connect to the Sacramento River levee and continue to Old Town Sacramento and beyond.



If you dream as big as you can dream, anything is possible.

Michael Phelps, winner of 8 gold medals



Holiday Greetings to all ~

What's your dream for this coming year? Is it achievable and worth the effort? After 37 years of volkswalking, I continue to enjoy where they take me, the people I meet and all the health benefits they bring to my life. My dream is to keep pushing myself to walk regardless of how fast I am or how far I walk. The joy for me is in walking.

It was another great year of walking for the *Sacramento Walking Sticks Club*. We continue to be the largest club in the United States, and we offer all of you so much. There's a plethora of walks and bike routes to choose from and we offer group walks during the day and evening. I'm not able to be away from home as often as I was so Road Adventures will have to be taken on by someone else. **I am starting up a monthly Sunday Stroll and look forward to feedback from you.**

The *Sticks* offer quarterly membership meetings that everyone is welcome to attend. Our last one was last week, and I brought up **Needs of the Club**: we are still in need of a secretary who will take notes from our meetings and print them out for our files. **Our Sunshine Coordinator, Janet Riley, is stepping down** and hoping someone will take her place. She's the one who sends us all our Happy Birthday postcards as well sympathy, congratulations and get well wishes. Please let me know if you would be interested in helping with either of these positions.

I hope you'll come out and **join in our New Year's Day 2026 walk, created by Jennifer Stanley**. The 5 and 10k routes are along the Del Rio Trail which for us will begin in Land Park. Everyone is welcome to join in the fun, including the family dog. It's such a fun tradition to bring in the New Year. This year several of our all-time favorite walks will be offered because their dates fall on a Saturday—**Pi Day is March 14th** and will begin at Marie Callender's on Freeport Blvd. We might be having our Ice Cream Walk from Vic's to Gunther's in the summer because Vic's will be reopening in January. Finally, is **September 19th, otherwise known as Talk Like a Pirate Day**. You've plenty of time to come up with the pirate clothes you'll be wearing and there's like 5 Pirates of the Caribbean movies you can watch to get you talking like a pirate, too.

My last bit of looking to the future is the **annual CVA Convention, Fri-Sun, May 15-17th in Temecula**. The theme will be Gateway to the wineries and will feature 4 walks hosted by the *Low Desert Roadrunners Club* and the *Central Coast Beach Boardwalks Club*. Temecula is in the southeast part of California and will give you the opportunity to do some walks on your drive. Thanks to all of you for coming out and taking part in all the activities, we have to offer,

Barbara Nuss, President of the Sticks

916.217.9092, suki2010@mycci.net

VOLUNTEER OPPORTUNITIES

SUNSHINE COORDINATOR [click here](#)

- Makes all the members feel special!!
- Sends Member Birthday Cards
- Sends Member Get Well, Sympathy and Congratulation Cards



SPECIAL PROGRAMS COORDINATOR [open](#)

Works with Point of Contacts to update walks with applicable special programs

CLUB OFFICER, SECRETARY [open](#)

- Attendance at the 4 Membership meetings during the year
- Manages the meeting reservations
- Prepares the meeting agenda, takes notes and files the final minutes

RONALD MCDONALD HOUSE

SODA POP CAN TABS

Drop off your pop can tabs, collected at walk registration tables throughout the year. These go to the Ronald McDonald House to help raise funds for programs that provide family centered care to families and children.

GOT SNEAKERS?

RECYCLE TENNIS SHOES

Zori Lozano-Friedrich and I thought we could organize a sneaker collection for the members of the Walking Sticks and our friends and families. To date, we have sent in approximately 45 pairs of shoes which kept them out of the landfill and raised a few dollars for our club. We want any adult or kid's athletic shoes – no sandals, slippers or dress shoes please.

Feel free to contact Kim at kimadagana@gmail.com to arrange for you to drop shoes off at my house, or meet you at a Sticks walk or other convenient location to collect your shoes.

WALKING FINLAND

Our Journey Through the Vaasan Marssi IML and IVV Olympiad

By Amul and Parul Purohit



Amul, Parul and Suzanne

As seasoned long-distance walkers who have completed the *Camino Francés*, *Camino Portuguese*, *Hadrian's Wall Walk*, and the *Kerry Way*, we are always seeking new walking adventures that combine physical challenge with cultural immersion. This past August, we set our sights on Finland to participate in the two international walking events: the *Vaasan Marssi IML* (August 8-10) in Vaasa, Finland and the *IVV Olympiad* in Tampere (August 14-17, 2025).



Our journey began by flying to Helsinki and taking a four-hour train ride to Vaasa. Our friend Suzanne also an AVA walker from Boise joined us in Helsinki and we traveled together to *Vaasa*.

Vaasa is a sleepy little town on the gulf of Bothnia. The walks were beautiful; comprising of scenic pathways, many along the water. The conference was very well organized since IML walks are repeated every year although the routes can be different from year to year. We stayed at a historic hotel (*Hotel Astor*) which was just across the train station.

Registration Tents for IML Events in Vaasa.
We walked the 20 km for the first two days
and then 10 km for the last day.



FINLAND continued

We had a couple of days before the IVV event in Tampere so we took the opportunity to visit two other small towns along the way; **Rauma** which again is a coastal city was a thriving sea-faring city.

Old Rauma is a UNESCO World Heritage site and has a preserved old town with unique wooden architecture. The city also excelled in lace making.



The other town that we visited was **Turku** which was the Finnish capital and is Finland's oldest city located on the coast **where the Aura River meets the Baltic Sea**. We took a ferry along the river and got a good feel for the vibrant city. We reached Rauma and Turku both by bus. Fortunately, **our hotels in both places were walking distance from the bus stops.**



Our final destination in Finland that started it all was Tampere, the site of the 19th IVV Olympiad. Tampere is a two hour train ride from Turku. It is a mid-sized city situated between two large lakes. An 'Olympic City' had been set up with stalls, food vendors and a park to greet walkers. There were many walk choices with 5 km, 10 km, 20 km events. Other offered events included swimming in a lake and orienteering. All events started from the Olympic village along with the marquee Olympiad parade that commenced the event. Approximately 1,000 people participated and we had a thoroughly international flavor. Talks were given by the local chapter leaders as well as the IVV president. The walking routes comprised of city walks and more rural areas within a short distance of the city. We were lucky with the cool crisp weather and did not encounter any issues except for a little drizzle during one of the days in Tampere.

FINLAND continued

For *California Walking Club members considering international events*, we wholeheartedly encourage you to explore IML and IVV opportunities. These events offer structured routes, excellent organization, cultural immersion, and the chance to expand your walking community globally. Finland, in particular, surprised us with its warm hospitality, stunning natural beauty, and well-maintained walking infrastructure.

As we added our Finnish stamps to our IVV books, *we reflected on how walking continues to enrich our lives—not just physically, but through the places we discover and the people we meet along the way.*

Amul and Parul Purohit are avid long-distance walkers based in Davis, California, with over 2,000 kilometers of pilgrimage routes completed between them.

Nos iungat ambulare—walking unites us—could not be truer.



Sunday Strolling

JANUARY 11TH
SUNDAY STROLL
SACRAMENTO
POCKET AREA

FEBUARY 22ND
SUNDAY STROLL
ELK GROVE
AROUND THE LAKE

[CLICK HERE FOR MORE DETAILS](#)



ADAM'S ADVENTURES

Hidden Parks, Carmichael

In December our family joined the Hidden Parks walk in Carmichael. The starting point is O'Donnell Heritage Park. Adam loves our walks, but *a walk that begins with time at the park playground is especially enjoyable.*

Added bonus: his *daddy Kenny came along that night.* As soon as we started walking, we encountered *the Grinch house.* It was a corner lot filled with inflatable Grinches in a variety of sizes and dress; there must have been 20-25 of them! *Adam was fascinated and kept pointing out all the Grinches he could see.*



As the walk continued, Adam played his favorite walking game: he stops, waits for family members to get ahead of him, yells "Ready, set, go!" then runs to catch up. At one point, he insisted that we all run with him. He announced "Hear this!" before explaining the steps of the game. Good exercise!

When we returned to the park, Adam went back to the playground with Mommy and Daddy. Unhappily, he fell, scraped his hands, and was in tears. Time to go home! As Kenny was carrying him to the car, I heard Adam ask, "Which way is home?" When Kenny showed him the direction, Adam asked, horrified, "Are we walking!?!". Our boy was DONE!

Marie "Mimi" Robb



JANUARY WALKS & RIDES

**TO FIND START LOCATIONS AND CONFIRM TIMES
VISIT THE CALENDAR OF EVENTS USING THIS LINK :
SACRAMENTO WALKINGSTICKS.ORG OR CHECK WALK ALERTS**

SUN	M	TUE	WED	THUR	F	SAT
				1 Traditional Walk Walking Sticks Sacramento Del Rio Trail	2 3 Friendship Walk Placer Pacer Roseville Sculpture Park Moonwalk West Sacramento River Walk	
4	5	6 Morning Walk Gold River	7 Evening Walk Sacramento North Natomas	8 Bike Ride Rancho Cordova Lake Natoma Tour	9 10 Friendship Walk Delta Tule Trekkers Stockton University Area	
11 Sunday Stroll Sacramento Pocket	12	13 Morning Walk Woodland Historic Town	14 Evening Walk Fair Oaks Historic Town	15	16 17 Friendship Walk SF Bay Bandits Alameda Victorians	
18	19	20 Morning Walk Sacramento Capital	21 Evening Walk W. Sacramento Clarksburg	22 Bike Ride Sacramento River Front Tour	23 24 Friendship Walk Walking Sticks Davis University	
25	26	27 Morning Walk Davis El Macero	28 Evening Walk Land Park J. Graham's Loops	29	30 31 40 th Anniversary Walk South Bay Striders Los Gatos Historic Town	

FEBRUARY WALKS & RIDES

**TO FIND START LOCATIONS AND CONFIRM TIMES
VISIT THE CALENDAR OF EVENTS USING THIS LINK :
SACRAMENTO WALKINGSTICKS.ORG OR CHECK WALK ALERTS**

SUN	M	TUE	WED	THUR	F	SAT
1 <i>Moonwalk Elk Grove Around the Lakes</i>	2	3 <i>Morning Walk Sacramento River Walk</i>	4 <i>Evening Walk Elk Grove Regional Park</i>	5 <i>Bike Ride Lincoln Lincoln Tour</i>	6	7 <i>Friendship Walk Sonoma Coast Stompers Calistoga</i>
8	9	10 <i>Morning Walk Folsom Historic Town</i>	11 <i>Evening Walk Citrus Heights Stock Ranch</i>	12 <i>Club Meeting Arden Dimick Library 6-8 pm</i>	13	14 <i>Traditional Walk SF Bay Bandits San Francisco Heart of the City</i>
15	16	17 <i>Morning Walk Sacramento Campus Commons/ Sierra Oaks</i>	18 <i>Evening Walk Elk Grove East Recreation Trail</i>	19 <i>Bike Ride Sacramento Natomas Tour</i>	20	21 <i>Friendship Walk Walking Sticks Carmichael Hidden Parks</i>
22 <i>Sunday Stroll Elk Grove Around the Lakes</i>	23	24 <i>Morning Walk Elk Grove Creek Watershed</i>	25 <i>Evening Walk Sacramento Elmhurst to East Sac</i>	26	27	28 <i>Friendship Walk Vaca Valley Volks Pittsburg</i>



JOIN THE SOUTH BAY STRIDERS
ON THE 40TH ANNIVERSARY OF
THE HISTORIC LOS GATOS WALK
JANUARY 31, 2026

Start:

Los Gatos Coffee Roasting Co.
101 W. Main St. Los Gatos 95030

Registration is 9am to 11am and Finish by 3pm

Distances: 6k and 11k Rated 2B

Special Programs AH, Par, R-to-T, Step, USA, Vet, Walk Wild

Contact; Holly Pelking ilex56@yahoo.com

Celebrate our milestone anniversary by walking one of our original routes through historic Los Gatos. Nestled in the foothills of the Santa Cruz mountains, you will see a mixture of beautiful modern homes and well preserved Victorians. You pass the Forbes Mill as you begin the second loop along the beautiful Los Gatos Creek Trail. You will enjoy shaded areas along this popular wooded trail with a surprise railroad depot and carousel on the route.

JOIN THE SAN FRANCISCO BAY BANDITS
FOR A VALENTINES WALK THROUGH
THE HEART OF SAN FRANCISCO
FEBRUARY 14, 2026

Start:

Haas Playground

Addison Street at Farnum, San Francisco 94131

Start/Finish times 9am to 3pm

Distances: 5k & 10k Rated 3B

Special Programs Par, Step, Walk Wild

Contact: Lui Yakas SFBayBandits@aol.com

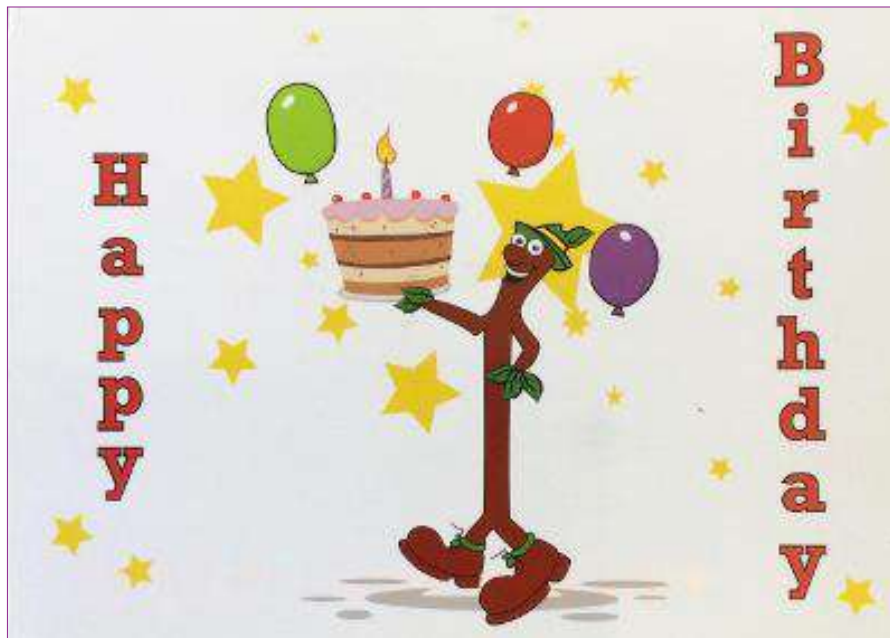
Glen Canyon is truly in the heart of San Francisco. Trails go through wooded and meadow areas, nearby neighborhoods include historic homes, dining experiences and shopping.



VOLUNTEER HIGHLIGHTS:

The Sunshine Committee—Janet Riley

If you're a sticks member, you receive a birthday postcard sometime during your birthday month every year, and it's pretty certain that receiving one of these cards brings a smile to your face. While it is "just a birthday card," sending one to each of our members is one important practice that demonstrates the member-friendly, high quality of our walking club. So where do these cards come from? Who sends them? What's the story behind them?



Well, the one answer to the three questions is: Sticks member **Janet Riley**. Janet has been generously applying her time & effort, her pen & kitchen table, and her pleasing penmanship for about fourteen years to address and write a personal birthday note on a birthday post card to every one of us Sticks members. Working anonymously, **singlehandedly**, and completely behind the scenes, Janet has always striven to make sure that these cards show up in our mailboxes during each of our birthday months, year after year. In addition to sending the birthday cards for the past ten years or so, she has also been sending out Get Well and Sympathy cards to any of us who have faced the challenges of illness, injury, or loss of a loved one. **2021 Archive John McLaughlin**

VOLUNTEER HIGHLIGHTS:
The Sunshine Committee- Janet Riley

Janet is stepping down after
some fourteen years, as
the Sunshine Committee Coordinator!

How do you thank someone for taking the
time to remember you?

By taking the time to thank them.

[janet d riley@hotmail.com](mailto:janet_d_riley@hotmail.com)

Also, a big thank you to longtime volunteer,
Gale Hughart. Gale is the artist who designed
the Sunshine Committee postcards.

*It is volunteers like
Janet & Gale that turn a
club into a community.*



Are you our next sunshine committee coordinator?

THE LAST HURRAH! South Central States Tater Tour

Kim Dagan & Connie Haugen

In September of 2025 I was lucky enough to score a spot on the last Tater Tour.

Mary Ptacek has been leading groups of walking "tots" all over the U.S. and Canada for over 20 years. After visiting every state and every Canadian province (some many times) she is moving on to retirement adventures and this trip to Nebraska, Kansas, Oklahoma, Arkansas and Missouri was the last hurrah.



Some of **The Ptacek Family** gathered to celebrate Mary's retirement with the last bus of Taters Tots



Mary Ptacek

All-star contributor Oct 7 · 🌐

The Head Tater has Officially Retired and now can't believe that it's been over a week since the last Tater Tour trip to the South-Central region of the USA! I just wanted to thank AVA and all the clubs throughout the USA and Canada that helped me in any way possible to make this a glorious 31 years! The last trip was filled with so many surprises, including my family from Iowa being present for the last day in Kansas City. A special shout-out to [Lisa Smoak](#), [Connie Haugen](#), and [Raz Creamer](#) for instigating all the laughs and cries that we all experienced throughout the trip. So grateful, especially the last gathering of all the Willies and then even cupcakes. I will miss you all and love you all to the moon and back!

We started in **Omaha Nebraska** where we marveled at their **River Front** ... 3 parks over 72 acres along the Missouri River. That night we were treated to an unforgettable tour of Omaha's Little Italy where we visited the Sons of Italy Hall, their local church and festival hall and the Orsi's Italian bakery and pizzeria. **The neighborhood women fed us and told us the stories of the Italian migration to Omaha.**

The next day we were off to Lincoln – capitol of Nebraska and home of the flagship campus of the University of Nebraska. **Several of us were able to take a tour of the Capitol and all of us were captivated by the iconic Sunken Garden.**

From Lincoln we headed to Kearney NE where we walked at the beautiful Yanney Park then spent a really interesting afternoon at the Archway Museum which spans I-80 and tells the stories of the adventurous pioneers who travelled the Great Platte River Road on their way west.

Over the next few days, we walked in Hays, Salina and Abilene Kansas, Bartlesville and Tulsa OK, Van Buren and Fort Smith AR, Joplin and Lamar M.



Surprise celebration in **Salina, Kansas** and hand crafted cupcakes in **Texas**.

Three amigos that arranged for special moments and surprises along the way!

LAST HURRAH continued



Good Morning, Mary was the song written for the last Tater Tours trip in September 2025. Both Mary and Little Mary singing the morning songs.

Little Mary, is the current Tater Tours mascot. Purchased by Reesa because she said she looked like Mary in her childhood photos!

Song: Good Morning, Mary

Let's respond to Mary's
'Good morning' on the bus with a song
to the tune of We love you Conrad,
[from the 1963 movie, Bye Bye Birdie]
Google: 'We love you Conrad'

🎵 Good Morning Mary and Reesa too
We love the Taters, oh yes we do
When we're not walking, we're blue
Good morning to you 🎵





Little Mary, Reesa & Mary looking over a bus of 50 smiling Tator Tots wearing Willie Nelson Headbands!

On the Road Again could be heard, most mornings.

Tator Tots wishing Mary a Happy Retirement.



AWARDS

DISTANCE AWARDS	
<i>Awards as of December 2025</i>	
TAMMI KERCH	1500 km
PARUL PUROHIT	2000 km
ZORI LOZANO- FRIEDRICH	3500 km
CAROLE SOENKE	6500 km
SALLY COONES	11000 km
DOUG RATHGEB	13000 km
JEAN LUCAS	15000 km

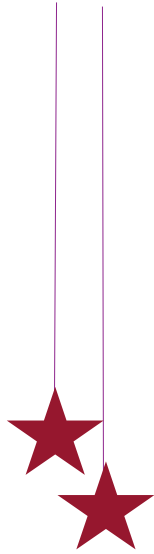
Distance Books

DOCUMENT THE KILOMETERS YOU WALK!

1. Be sure to write your name and address on your Blue Distance book.
2. Each Blue Distance book is good for 500 kilometers. You mail in each Blue Distance book as you complete it in order to receive each award.
3. Each 500 kilometers has a different pin & patch award. The highest distance award is achieved when you reach 8,000 kilometers.
4. As you approach the 400 kilometers mark in your book consider purchasing your next Blue Distance book.



To learn about walking for "credit" and how to start your new walker packet, click [here](#).



EVENT AWARDS	
<i>Awards as of December 2025</i>	
DEBRA COUBAL	10 events
MICK COUBAL	10 events
TAMMI KERCH	300 events
ZORI LOZANO- FRIEDRICH	450 events
CAROLE SOENKE	1050 events
SALLY COONES	1150 events
DOUG RATHGEB	1350 events
JEAN LUCAS	1400 events

Event Books

DOCUMENT THE NUMBER OF EVENTS YOU WALK!

1. Be sure to write your name and address on your green event book.
2. Each Greem Event book is good for 10 events. You mail in each Green Event book as you complete it in order to receive each award.
3. After you complete 10 events follow the instructions on the book and sent in to AVA.
4. As you approach the 5th event mark in your book consider purchasing your next Event book.

To learn about walking for "credit" and how to start your new walker packet, click here.

CHANGES TO YEAR ROUND WALKS

Gold River Walk POC, Roxie Jones	Bel Air, 2155 Golden Center Lane Gold River 95670
Curtis Park & Land Park Walks POC, Jennifer Stanley	The Parkside Pharmacy is now open Monday to Friday from 10 ^{am} to 6 ^{pm} . They are closed Saturday & Sunday.
Hidden Parks Walk POC, Myrna Jackson	Remote registration.
Historical Woodland Walk POC's, Myrna Jackson & Sally Coones	Sally and Myrna are partnering to cover this walk beginning in 2026.
Natomas North & South Walk and Bike POC, Warren Tellefson	Warren has volunteered to save these walks!

THANK YOU NOTES

CONTRIBUTORS TO THE DECEMBER 2025 EDITION

- ♦ Amul and Parul Purohit
- ♦ Barbara Nuss
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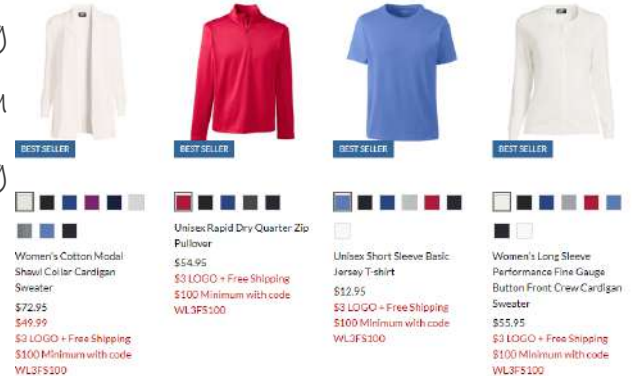
LANDS' END MERCHANDISE

VISIT [THE SACRAMENTO WALKING STICKS STORE](#)
FOR ADDITIONAL ORDERING INFORMATION



The embroidered Sacramento Walking Stick's logo is available from Land's End Business Outfitters. For an extra charge you can have your first name embroidered above the Sticks logo. You can pick any garment that will take embroidery. You choose the garment type, size, style, and color from anything that is available through Land's End Business Outfitters.

If you subscribe to the Lands' End online mailing list you will be notified of all the great sales you can get in on. You can find free logo's, free shipping and lower garment costs.



<https://business.landsend.com> or call 1.800.338.2000

Use your own postal address for delivery

LOGO NUMBER: 0976579W

VOLKSMARCH

A Volksmarch is simply a walk along a pre-marked route located in towns and/or countryside. The walks are designed to share and experience community with others in a non-competitive manner and at a non-timed pace. Volksmarching got its name from its origins in Europe. Today there are clubs all around the world.



AVA.ORG



CVA4U.ORG



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