



Footprints



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

March, 2014

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Betsy's Banter:

Our Lincoln Volkswalk was a great success. We had a total of 202 walkers! 114 folks walked for credit and 88 for free. Thanks to all of our wonderful volunteers. Your names are listed elsewhere. As always, our events only happen because of you, our hard-working members!

Thank you Dorothy and Rich Peterson for assembling the Placer Pacer gift basket.

This will be a door prize at the CVA Convention in Redding, May 2-4.

Attention all Placer Pacers: We need to firm up our events for the 2015 CVA Calendar. Right now we tentatively have 3 events planned and we need 1 more. Our 2015 events will be scheduled at our March 11 meeting. We need walk chairs and venues. If you are interested in running or co-chairing an event, please contact me. Don Ratliff or I can help you if you've never chaired an event. Step right up! Now is your chance!

Our Rocklin event will be held next month on April 12 & 13, 2014. Judy Stroud is chairing this volkswalk. She has been busy working on the trail, writing the brochure and

articles for The Compass and TAW. Thank you Judy! The Work Walk List is online. We still need help on Saturday and there are even more opportunities to support your club on Sunday.

I will be appointing a nominating committee in April for our June election of officers. Please contact me if you are interested in being on the nominating committee or a club officer. We will need a President, Vice President, Secretary, and Treasurer. All current officers have already served 2 terms each! Also, we will need a new Footprints Editor starting with the July, 2014 issue.

Happy Trails and St. Patrick's Day!
Betsy

ROAD TRIP Revisited! We ran into a road block while trying to organize a bus trip to the Half Moon Bay Flower Festival Walk. Jan Timmons and Bruce McDevitt called several bus companies and were unable to get a bus for May 17. I was glad to see such interest from those of you who signed up on Don Ratliff's list at the Lincoln walk. It's on the back burner for now; we'll try again in the future.

The Next **3** Placer Pacer meetings will be on: **Tuesday, March 11, 2014, Tuesday, April 8, 2014, and Tuesday May 13, 2014** at Round Table Pizza at 370 Elm Ave. in Auburn, at **7:00 p.m.** We meet on the second Tuesday of each month, January through November.

Placer Pacers Monthly Meeting Minutes

“Fun, Fitness, Friendship” and Food

February 11, 2014

Not available as of this writing.

Lincoln Event Volunteers... Thank you so much!

Don Ratliff—our Terrific Trailblazer
Judy Stroud, Frankie Fehrman, Herb Webber, Oscar Timmons, Jan Timmons, Jean Lucas, Doug Rathgeb, Jay La Croix, A.J. Bohanon, Bette Haskell, Carmen Krizl, Hank Krizl, Jan Jerabek, Christina Rangel, Sue Hopper, Pat Lucero, Warren Tellefson, Dustin Tellefson, Myrna Jackson, Wayne Holloway, Grace Holloway, Joanna Watzig, Lynn Wittekind, John Bezemer, Jo Ann Pelz, Dave Pelz, Bruce McDevitt, and Betsy McDevitt

.....WOW!

March Birthdays: Happy Birthday to you!

Roger Conant—1 Elaine Mason—2
Ron Haskell—6 Marillyn Ratliff—6
Bruce McDevitt—7 Jo Ann Pelz—23
Bette Haskell—26

Milestones: The following Placer Pacers have reached these milestones from the AVA:

Event Recognition:

Nothing to report

Distance Recognition: in kilometers...

Nothing to report

Special Programs:

Nothing to report

Placer Pacer Regular Events for 2014

Rocklin; April 12 & 13

Fallen Leaf Lake; June 28 & 29

Apple Hill; November 8 & 9

AND NEW this year; NW Roseville Bike Tour YRE!

Upcoming events in March:

8...FW Vacaville- Jo & Joe Memorial

15...FW San Francisco- Highlights

20...Don’s Bike Sacramento-South

22...FW Davis-University

29...Sacramento-Glen Hall Park by SWS

29...China Ranch Date Farm by LVHRS

30...FW Benicia- State Recreation Area

April:

3...Don’s Bike Sacramento- Pocket

5...Petaluma by SCS

& @ 5pm...FW Petaluma- Historic

6...FW Mill Valley

12 & 13...Rocklin by PP (that’s us!)

Betsy, Bruce and Herb working hard



Jean Lucas and Rutherford Smith hardly working

Photos by Doug Rathgeb

The Importance of Walking----- from Jerry Mohlenbrok

Walking can add minutes to your life.
This enables you at 85 years old
to spend an additional 5 months in a nursing
home at \$4,000 per month.

My grandpa started walking
five miles a day when he was 60.
Now he's 97 years old
and we have no idea where the hell he is.

I like long walks, especially when they are taken
by people who annoy me.

I have to walk early in the morning,
before my brain figures out what I'm doing...

Every time I hear the dirty word 'exercise',
I wash my mouth out with chocolate.

I do have flabby thighs,
but fortunately my stomach covers them.

The advantage of exercising every day
is so when you die, they'll say,
'Well, he looks good doesn't he.'

If you are going to try cross-country skiing,
start with a small country.

I know I got a lot of exercise
the last few years...
Just getting over the hill.