



February 2011



Capitol Volkssport Club Meeting

February 8, 2011

Apollo's Pizza and Pub

2010 Harrison Ave NW

There will either be no Board Meeting, or there will be an Online Board Meeting in the days before the Membership Meeting.

6:00 - No Host Dinner

7:00 - Membership Meeting

Think Seabreeze!!

Especially if you haven't had an opportunity to sign the Worker Schedule yet!!



The Capitol Volkssport Club has several t-shirts

and men's caps left from the order we placed last summer.

Please contact Karen or Jim Younkins (jcyounkins@comcast.net), 360-357-9185, to find out details

Get in your nominations for the top YRE/SRE of 2010,

and we will begin voting next week.

Nominate the Best year-round/seasonal walks <http://walking.about.com/u/ua/trails/topwalks2010.htm>

I'd like more response as this gets a lot of publicity.

--
Wendy Bumgardner





NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB

THURSDAY MORNING WALKS FEBRUARY AND EARLY MARCH 2011

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, February 3	10 am 76 station/store 100 Barksdale Ave N DuPont	Visions of the Old and New DuPont YRE 995 10K Difficulty level 1	9:30 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 20 min.
Thursday, February 10	10 am Bayview Thrift- way Store Deli 516 W 4th Ave Olympia	Olympia Downtown YRE 260 10K Difficulty Level 1	N/A Parking Pass required to park in Bayview parking lot. Passes located in registration binder
Thursday, February 17	10 am Register at Safeway On Hwy 507	Yelm Town and Trail YRE 1657 10K with 5 K option Difficulty level 1	9:15 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 30 min
Thursday, February 24	10 am Thrive Fitness 5401 Corporate Cntr Lp Lacey	Southeast Lacey Walk YRE 586 10K with 5K op- tion Difficulty level 1+	N/A
Thursday, March 3	10 am Safeway 1405 East Main St Puyallup	Puyallup YRE 242 10K with 5K option Difficulty level 1	9:15 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 35 to 45 min.
Thursday, March 10	10 am Forza Coffee Co 4828 Bridgeport Way W Ste. D. University Place	University Place YRE 367 10k with 12K option Difficulty level 2	9:15 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 40 min.

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or lpolzin@thurston.com

IF YOU PLAN TO MEET WALKERS AT THE STARTING POINT, PLEASE CONTACT LINDA. CARPOOLERS MAY ARRIVE EARLY AT THE WALK SITE. IF NO ONE IS MEETING US AT THE STARTING POINT WE MAY START THE WALK PRIOR TO PUBLISHED START TIME.

Please check www.capitolvolkssportclub.org for any update or changes to these walks

Seabreeze 2011 - Escape to the Beach!

The Capitol Volkssport Club of Olympia invites walkers and cyclists to join them at scenic Ocean Shores Saturday through Monday of Presidents' Day Weekend, February 19-21. This second bi-annual Seabreeze event features five walks and includes a 26K bike around the entire Point Brown Peninsula. Walk next to the pounding surf along the Pacific Ocean or on roads on the bayside of Point Brown. Stroll along paths through dunes in Griffiths-Priday State Park and beside a river and along the marshes in Damon Point State Park. (Bring your boots for this walk. Tide will determine the start time!) One of the two new walks for 2011 is the walk from Moclips to Pacific Beach and back along the more rugged and rocky North Beach.

The starting point for all walks will be the Ocean Shores Lions Club, 832 Ocean Shores Blvd., NW. Walks begin at 8 a.m. daily, and a friendship walk will leave the starting point at 10 a.m. daily.

A catered Italian buffet will be held Saturday night at 6 p.m. Cost is \$15 per person. Reservations are limited to the first 60 tickets sold and must be received by February 7. The club website, capitolvolkssportclub.org includes driving directions, pictures, more information about the walks, the Italian buffet menu, and a buffet ticket order form. This is a holiday weekend, so hotel reservations should also be made early. See you at the beach!

A Seabreeze Preview

Clear skies, light breezes, and the sound of thundering waves greeted the eighteen members and friends of the Capitol Volkssport Club who met at the Ocean Shores Lions Club on Saturday, January 22, for worker walks in preparation for our upcoming Seabreeze weekend, February 19-21. After we checked out the Lions Club, especially the restrooms, we divided into five teams and started walking. Special thanks to the team members who made this report possible!

The most ambitious walkers, Jeanne, Lloyd, and Susan did the 20K Bayside walk. According to Susan, it was great! They saw two eagles and 15 deer. She said that the best part of the walk was the 9K on the beach. Just after high tide, the beach was covered with foam, and foam was floating in the ocean, looking like miniature icebergs. The birds were out in abundance, over a thou-

sand were flying, swirling, and creating beautiful formations in the sky. Walkers were warm enough to take



off their coats.

Bob, Sheila, and Laura did the 11K Bayside walk. This version of the walk does not include the beach. It follows city streets, passes the library, the Ocean Shores Golf Course, and parallels the north-south canal dividing Ocean Shores. Then it heads east and takes the walkers into a wooded area along Duck Lake and near the Grays Harbor waterfront. Bob said this was a pleasant walk, almost entirely on paved streets and offers nice views of the canal and ocean front homes.

David and Karen, along with two adult children and a



friend drove 20 minutes to Moclips and did the 10K from Moclips to Pacific Beach and back. David reported that the king tide made the beach narrow, but it was peaceful, even though the waves were churning and making a lot of noise. Pacific Beach State Park is
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located at the 5K mark, and the report is that the restrooms are great. This team took extra steps and walked into the town of Pacific Beach and up past the Pacific Beach Naval Station which has a terrific restaurant open to the public. They ate lunch there. A block beyond the restaurant is beach access so one can complete the 2.5K left of the beach walk. This was a very relaxing walk.

Karen, Jim, Perki, Peter, and Stew drove five miles south of the Lions Club and began the 10K Damon Point walk about four hours before high tide. It is very important to pay attention to the tide on this walk, as it is possible to get stranded. Damon Point, also known as Protection Island, is home to many species of birds which were spotted on the beach and in a small inland lake. These walkers, however, were paying more attention to the huge waves and even saw waves wash from one side of the island to the other! The sky was clear, and even though they did not see Mt. Rainier, which is possible on a very clear day, they did see Hoquiam, Aberdeen, and Westport.

Bonnie and Sue were doing PR work while others were walking. They met with Cindy, a lady who is planning a senior event in Ocean Shores in May. She



is interested in promoting Volkssporting as a healthy activity for seniors. Someone from our group will go to her "trade show" to talk about Volkssporting and take interested people on one of our YREs. In return, Cindy is gathering a "promo" packet of brochures and information about the Ocean Shores/North Beach area for us to give to our Seabreeze walkers. After meeting with Cindy, Bonnie and Sue contacted business and

gained permission to post signs. They also gathered door prizes for our Saturday night social.

Lunch was next on the agenda. All of us, except the 20K and Moclips walkers, met at the Caff  Amici on Point Brown Avenue for a scrumptious and well-deserved lunch where Bob led the discussion of whether or not CVC is a walking club that likes eating or an eating club that likes walking. He also managed to get several door prizes from the management.

After lunch, many of us visited the Flying Cat Gift Shoppe, right next door to the restaurant. We barely had room for the free coffee and samples of spreads and jams. Of course the theme is cats, cat earrings, cat scarves, cat mugs, cat doormats, etc. But for those who don't care about cats, there's coffee, chocolate, linens, handmade soaps and lotions. One of our group made it as far as a surf shop, but his wife hauled him out before he bought anything!

Later, Bonnie and Sue met the 20K walkers at the Viet Hoa for their late lunch. (The report was unclear as to whether or not Bonnie and Sue had two lunches!) They had run out of posters, so they just visited a while, called it a day and headed home.

Meanwhile, Jim, Karen, Peter, and Perki decided to check out the Griffith-Priday walk. So they drove to the Griffith-Priday State Park, parked the car, and set out across the very slippery wooden boardwalk and down the trail. This is not a landscaped park with well-maintained paths. It is VERY unimproved! The walkers found conditions that concerned them. Be-



sides the slippery board walk, the path along Conner Creek felt dangerously close (continued on page 5)

(A Seabreeze...Continued from Page 4)

to the edge of the bank and the trail that leads to the beach was under water from too much rain. When they decided to go directly to the beach, they ended up trekking through waist-high dune grass and scrambling over log debris. And when they finally got to the beach, they were unable to locate the turnaround point. The sun was setting by the time they found their way back to the car. They ended up only doing about half of the 10K walk. When they reported their experience to the Trailmaster, Sue had some good news for them. First of all, the Parks Department plans to do some barricading above the bank along Conner Creek so that stretch of the walk will be safer. They have also given Jeanne permission to place some signs and markings, which will allow a warning about the slippery boardwalk and help keep walkers headed in the right direction on the rarely used...and sometimes nearly invisible "road." This walk will also be walked early Saturday morning to be sure that the road is not flooded. And we'll be working with our Registration staff to be sure that walkers are expecting that this walk is through an unimproved wilderness area. If it's not passable or safe; we won't offer it. But hopefully, conditions will have improved and with a little human intervention, Griffith-Friday could be our new favorite walk!

At the end of the day, all the workers were tired, but it was a nice kind of tired. A good time was had by all, and we are looking forward sharing these walks with all our Volkssporting friends who come to Seabreeze.

Perki Sweet



Keep Islands hopping

By Martha Myron

The AVA Islands Special Event books are no longer for sale, but you can still continue to walk islands. A total of 337 books were sold and so far, 116 have been completed and returned for their award — a multi-color patch, hatpin and certificate. We have enough awards for everyone who purchased a book so don't throw that book away. When you complete a walk that takes you on a named island, stamp your book. When the book is complete, no matter how long it takes, send it to the NW Tulip Trekkers, P. O. Box 1603, Mount Vernon WA 98273.

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Olympic Mountain Range



Capitol Volkssport Club

P.O. Box 2778
Olympia WA 98507



CVC OFFICERS

PRESIDENT – Susan Cook (360) 273-0390
e-mail: Sioux@olywa.net

VICE-PRESIDENT— Jim Younkins (360) 357-9185
e-mail: jcyounkins@comcast.net

SECRETARY– Leslie Willardson (360) 753-5596
e-mail: HeathField@hotmail

TREASURER – Sheila Morrison (360) 923-5381
e-mail: Sheila.morrison@comcast.net

ESVA REP. – Bonnie Tucker (360) 491-4767
e-mail: bonniedale@comcast.net

MEMBERSHIP—Karen Younkins (360) 357-9185
e-mail: jcyounkins@comcast.net

NEWS EDITOR – Harry Saukants
(360) 432-2318

e-mail: harisauk@peoplepc.com

PUBLICITY – Perki Sweet (360)-459-8167
e-mail: olysweetp@reachone.com

WEBMASTER — Peter Sweet (360) 459-8167
e-mail: olysweetp@reachone.com

The Capitol Volkssport Club (CVC) of Olympia, Washington is a non profit organization dedicated to promoting public health, fun, recreation, and fellowship through non-competitive walking, biking, swimming or cross country skiing events. Membership is open to all. The American Volkssport Association (AVA), to which all Volkssporting clubs in the United States belong, is one of 54 countries that make the International Peoples Sports Club (IVV). The AVA's network of 305 Walking clubs organize more than 3,000 walking events as well as occasional bikes, skis, and swims every year in most of our 50 states.

Yearly CVC dues are:

\$8.00 (individual) per year; \$6.00 for 62+; \$12.00 for family. Only \$2.00 charge for our club's YRE. Membership for returning/ongoing members is July. Send membership dues to : **CVC , P.O. Box 2778 Olympia WA 98507**

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

*In every walk with nature
one receives far more than
he seeks.*

-John Muir -

Newsletter deadline

Saturday, February 26, 2011.

Anything that you want to include in the newsletter call Harry at (360) 432-2318 or mail it to: H. Saukants, P.O. Box 2378, Shelton, WA 98584, or
E-mail: harisauk@peoplepc.com

