



February, 2012

CAPITOL VOLKSSPORT CLUB MEETING

March 13h, 2012

at

Apollo's Pizza and Pub, 2010 Harrison Ave NW

6:00 PM no host dinner; 7:00 PM membership meeting.

Cindy and Mike Extine will give a presentation about their summer work and walks in Yellowstone.

Welcome new members

Pat Harmon, Gary Orstad, Glen Jones, Mary Lou Griffith, Debbie Wingfield, Ann Spargo and Diane Ludwig



Welcome to our club and see you on the trail!

DISTANCE



2000 km

Allan Jeanne



2500 km

Allan Jeanne



3000 km

Allan Jeanne

EVENT AND DISTANCE AWARDS

EVENTS



75

Purtee David,
Purtee Karen



100

Allan Jeanne



125

Allan Jeanne



150

Allan Jeanne



600

Morrison Robert



7000 km

Morrison Robert



7500 km

Morrison Sheila



13000 km

Shields Nick

Congratulations and keep walking!

Last minute notice!

The walk at TESC is passable, but there are many downed trees and branches. So be prepared to step over and bend under branches. The muddiest part is still the area around the soccer field.

Perki





NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB THURSDAY MORNING WALKS

FEBRUARY 2012

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, February 2	10 am Safeway 1129 Harrison Ave Centralia	Centralia Historic YRE 957 10K with 5K option Difficulty level 1A Old Difficulty level 1	9:30 am Starbucks on the corner of Trosper and Littlerock Rd in Tumwater by Fred Meyer. Drive time approx 30 min.
Thursday, February 9	10 am Chevron Station 3025 Steilacoom Blvd Steilacoom	Fort Steilacoom YRE 1996 10K with 6K option Difficulty level 1B Old Difficulty level 1+	9:15 am Martin Way Park 'n Ride at the back of the lot. Drive time approx 30 min
NEW WALK Thursday, February 16	10 am YMCA Tacoma Morgan Branch 1002 South Pearl St Tacoma	Tacoma -University of Puget Sound YRE 850 10K/11K Difficulty level 1A	9:15 am Martin Way Park 'n Ride At the back of the lot Drive time approx 35 min
Thursday, February 23	10am Safeway 1100 S Market Blvd Chehalis	Chehalis Historic YRE 1605 10K with 5K option Diffi- culty level 1A Old Difficulty level 1+	9:30 am Starbucks on the corner of Trosper and Littlerock Rd in Tumwater by Fred Meyer. Drive time approx 30 min.

For more information contact:
Linda Polzin at 360-943-8858 cell 360-481-7119 or lpolzin@thurston.com

Don't forget Monday afternoon walks!
We meet at Bayview and choose a walk. We start walking at 2:00 pm.
Questions? Contact Jeanne Allan 360-790-4600 or Lesley Willardson.

A Walk on the Wild Side . . .

Eighteen CVC members and friends, plus one dog, showed up at the South Bay Grocery January 26th for what was supposed to be a nice, easy 10K stroll along the Chehalis Western Trail to Woodard Bay. As it turned out, this should have been billed as a BYOS (Bring



Y o u r
O w n
S a w)
event.

A l -
though
the sun
w a s
out and

the sky was blue, the remnants of last week's storm were

e v e r y -
where. We
c r a w l e d
under and
over fallen
trees and
branches,
tried not to
get our
feet wet,



and at one point even detoured onto a horse trail. There were plenty of times the stronger members of the group actually removed heavy

d e b r i s
from the
trail.



O n the
r e t u r n
t r i p
from the
B a y ,
the
f l y i n g
g e e s e
above us
cheered us
on, or

maybe they were just honking!

Linda said this walk reminded her of walking in Scotland. For those who saw her pictures,



you'll realize she meant the obstacles, not the landscape. Since this walk took longer than the usual

two hours, we were all starving by the time we got to El Sarape for lunch. Service was fast, and everything was delicious. Look at our walking schedule and plan to join us next time. You just never know how interesting these walks can be! And there's always lunch afterward!

Perki Sweet

Top 10 Walks in the USA for 2011

Local American Volkssport Association walking clubs host over 1,800 map-guided walking routes throughout the USA. Each year we take nominations for the best of the best, and then poll their members to find the ten best walks. These walks showcase the diversity of different walking routes that walkers can enjoy. They range from fun city walks, strolls along the shore, historic walks, and beautiful hikes. The walks are usually 10-11 kilometers long (6-7 miles) and many have a shorter option.

1. [San Antonio Riverwalk, Texas - Y0055](#)

Visit the Alamo and walk along the Paseo del Rio, also known as the San Antonio Riverwalk. Catch a colorful dance at La Villita, enjoy some great Tex/Mex food at the many restaurants, and maybe cap it off with a riverboat ride along the canals. It's an easy flat walk, with 11 kilometer or 6 kilometer options. You can register and pick up your map during daylight hours at the El Tropicano Riverwalk Hotel, 110 Lexington Ave. (Cont.on page 4)

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Ask for the walk box at the Registration Desk, sign the registration book and liability waiver, take a map, and enjoy. If you don't walk for Volkssport credit, it's polite to leave a small donation to the Texas Wanderers club.

2. Chesapeake Beach, Maryland - Y1087

The lovely resort town of Chesapeake Beach is located on the shores of the Chesapeake Bay. This walk is either five kilometers or 10 kilometers and rated easy. The trail is on sidewalks and boardwalks with bay views for most of the walk. Part of the trail is in North Beach and goes by historic homes, antique stores, eateries, marshland and another boardwalk.

3. Kirkland Waterfront, Washington - Y0134

The Kirkland Lake Washington waterfront walk received this nomination, "Beautiful city walk any time of year right along Lake Washington across from Seattle. Skyline views and lots of mountain views of Mt. Rainier when it is clear. Kirkland is an "arts" town-- lots of public art & galleries. Good places for coffee." If you've ever wondered what all those Costco generic items were named after, come see the place worthy of being a brand name.

4. Silver Falls State Park, Oregon - Y0171

Walk past (or behind) nine waterfalls in a verdant canyon. It's a hike, wear [trail shoes](#) and bring along a [hiking stick](#) as sometimes the trail has washouts. The distance is 11 kilometers, with an optional extra kilometer to visit the tenth waterfall. The walk is only open mid-April through mid-November. For this one, you register and pick up the map at a Safeway in the town of Silverton, Oregon and drive to the state park. There is a fee to enter the park.

5. Gettysburg Day Three, Pennsylvania - Y0028

Few places surpass Gettysburg for Civil War history, and you can explore each of the three days of the Battle of Gettysburg with its own 10 kilometer trail. The Day Three trail includes the Peach Orchard, Wheatfield, Devil's Den, Little Round Top, and the Angle at the High Water Mark, site of Pickett's Charge. You can choose a 5K, 10K, 11K or 15K version. The longest version includes the Confederate line on Seminary Ridge, the National Cemetery and the site of Lincoln's Gettysburg Address. The walk is

on paved park roads. Registration is at the YWCA in Gettysburg. Read up on your history and prepare to be moved.

6. Savannah, Georgia - Y1366

(tie for #6 and #7) This 5 kilometer or 10 kilometer long walk starts at the Savannah History Museum and Visitors Center. It takes in the historic district on streets shaded with live oaks dripping with Spanish moss. This genteel southern city will charm and delight you.

7. West Point, New York - Y0037

(tie for #6 and #7) Walk through the United States Military Academy to soak up its history, tour its historic monuments, see the cadet barracks and chapels and enjoy views of the Hudson River valley and mountains. The walk is 11 kilometers or 7 kilometers long and rated moderate. Registration is at the USMA Visitors Center. You must have a photo ID in order to be allowed admittance.

8. Boston Freedom Trail, Massachusetts - Y0730

Celebrate your Revolution with this 11 kilometer or 6 kilometer walk from Boston National Historic Park Visitor Center. It includes Boston Common, Paul Revere's home, King's Chapel, the Old State House, Faneuil Hall, the Tea Party Ship and more. The walk is rated easy, but there are a lot of sights to see. Put on some comfortable walking shoes, make sure your camera has enough memory (or film - remember that?) and soak up the history.

9. Alexandria Old Town, Virginia - Y0061

This beautiful walk starts at the George Washington Masonic National Memorial. You tour the historic waterfront, pass the home of the Marquis de Lafayette, and tread in the footsteps of George Washington and his buddies. There are beautiful 18th Century homes, fun shops and great places to eat.

10. Point Lobos - CA - Y0445

(tie for #10) The Monterey peninsula has some of the prettiest coastline in the USA. The Big Sur coastline and Carmel Bay will have you watching for sea otters, whales and scuba divers. This walk through Point Lobos Reserve is a perennial favorite. The route is 10 kilometers or 5 kilometers on rough natural trail with hills. Bring a hiking stick and look out for [poison oak](#) along the trail.

11. Williamsburg, Virginia - Y0287



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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

“That’s the best thing about walking, the journey itself. It doesn’t matter much whether you get where you’re going or not. You’ll get there anyway. Every good hike brings you eventually back home.”

— Edward Abbey —

Newsletter deadline

Thursday, March 29 2012.

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: hjsaukants@q.com