

August, 2012

Next CVC meeting will be Aug. 14th at Apollo's. No host dinner is at 6:00. Meeting is at 7:00.
 Barb and Tom Malone will share pictures of their trip from Navajo Mt. Utah to Rainbow Bridge at Lake Powell.
 Sept. 11th will be a board meeting only at Apollo's at 5:00. All are welcome to come and share dinner and attend the meeting.

Thank You!

Thank you for the azalea plant. I am redoing an area in our backyard and it is perfect for what I need. It had been a pleasure to serve as your president. It is a pleasure to work with a group where so many are willing to serve in many different capacities. I am very proud to say I am a member of CVC. As I hear about other Volkssport groups in the state, I am so proud of CVC and all we do. Thanks to everyone for making CVC such a great group.

Susan Berry



125



750



1100



2300

DISTANCE



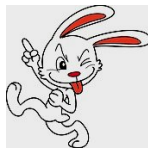
500 km



1500 km

Welcome new member

Mary Gisler



Welcome to our club and see you on the trail!

EVENT AND DISTANCE AWARDS

EVENTS



10



30



50



75

NEWS FROM THE TRAIL...



**CAPITOL VOLKSSPORT CLUB
THURSDAY MORNING WALKS**

August 2012

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, August 2	10 am QFC 21815 Marine View Dr Des Moines	Des Moines - South YRE 1461 10K with 5K option Difficulty level 1A	9:00 am Martin Way Park 'n Ride At the back of the lot Drive time approx 50 min
Thursday, August 9	10 am Chevron Station 3025 Steilacoom Blvd Steilacoom	Fort Steilacoom YRE 1996 10K with 6K option Difficulty level 1B	9:15 am Martin Way Park 'n Ride at the back of the lot. Drive time approx 30 min
Thursday, August 16 ***	10 am Northwest Trek Wilder- ness Park 11610 Trek Drive East Eatonville	Walk in the Park -- special walk during NW Regional Volkssport Conference 10K with 5K option Difficulty level 1B	9 am Martin Way Park 'n Ride at the back of the lot. Drive time approx 1 hour Entry Fee to NW Trek re- quired No Pets
Thursday, August 23	10 am Forza Coffee Co 9909 168 th St E Ste #101 Puyallup	South Hill Neighborhood Stroll YRE1411 10K with 6K option Difficulty level 1A	9:15 am Martin Way Park 'n Ride at the back of the lot. Drive time approx 40 min
Thursday, August 30	10 am Arrow Hardware and Lumber 201 Calistoga Orting, WA	Town and Foothills Trail Orting YRE 0920 10K with 5K option Difficulty level 1A	9 am Martin Way Park and Ride at back of lot Drive time approx 1 hr

***This walk is in conjunction with the 2012 NW Regional Volkssport Conference. An entry fee to NW Trek is required. Regular admission is \$18.00 and senior is \$16.00. All tickets include the Tram ride. If you have purchased a group discount ticket through the ESVA the ticket will be available either at the entry booth or walk registration table if the registration table is outside of the park.

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

HELP WANTED

at the
Millersylvania State Park Autumn Walk
September 29, 2012

Any time before the walk

- Make finger-food type desserts . . . Cookies, brownies, cupcakes

Friday evening, September 28

- Help mark the trail

Early Saturday morning, September 29

- Check the trail to make sure markers are still in place

All day Saturday

- Bring your desserts to the park!
- Help set up for the walk at Kitchen #3
- Work a shift or two at the start/finish or checkpoint areas
- Work a shift as host/hostess at the dessert table
- Have fun!!

At our next CVC meeting, August 14, you will have an opportunity to sign up to help in one or more of these areas. We hope everyone can bring desserts.

I'm also attaching a picture that was taken by Carin Lawrence, one of our walkers on the Nisqually High Tide Walk Tuesday evening, July 17. This heron allowed us to get so close to him before he flew off!

Perki



August walks

August 2012 -Monday Afternoon walks
Meet at 3:00 at Bayview, 516
W.4th Ave, Olympia. Walkers
choose the walks. Most will be
along the waterfront, lake or
through town, but we may choose
to go as far away as Nisqually
if the group wants to do that.

August 2012 -Evening Walks

WEDNESDAY Aug 1 Scattercreek,
South unit, Grand Mound (Off of
Guava and 180th Ave SW). 5:30
pm. 10k rated 1B Meet at Park-
ing lot at Starbucks near Fred
Meyers in Tumwater to carpool.
(SE corner of Trospen Rd SW and
Littlerock Road SW. If you have
a parks pass, bring it! We will
start walking when we arrive
(about 6:00), so if you would
like to meet us at the Scatter-
creek parking lot at the south
unit call ahead. 360-790-4600.
We will NOT be parking in the
Cemetery! Full moon, but we
will probably be done by the
time it rises.

TUESDAY Aug 7 Tumwater Parks. 5:30
pm. 11k rated 2C. Meet at Tum-
water Safeway Walk through Tum-
water Falls, Watershed and
Trillium Parks.

WEDNESDAY Aug 15 Lacey Historic.
5:30 pm 10k/5k rated 1B. Meet
at Lacey Safeway 6200 SE Pa-
cific Corner Pacifica Ave &
Carpenter Rd

TUESDAY August 21 Woodard Bay 5:30
pm 10k rated 1B. Meet at Cheha-
lis-Western Trailhead at
Woodard Bay

Walk out to views of Woodard
Bay and then along Chehalis
Western trail.

WEDNESDAY August 29 Lacey SE. 5:30
pm 10k rated 1B. Meet at
Thrive.5401 Corporate Center
Loop SE Lacey.
Last evening walk of the sea-
son.

Walking with our "Southern" Volkssporting Friends

The Centralia train platform was crowded on July 18th as about twenty Capitol Volkssporters met over forty Volkssporting friends from clubs further south. Salem was the first pick-up stop, and the group continued to grow as stops were made in Oregon City, Portland, Vancouver and Kelso. After the group picture and explanation of the options, 5K vs. 10K, shopping at the outlet malls vs. shopping

downtown Centralia, Mexican lunch or McMenamins pub lunch, groups divided up and started walking. As we'd walked 10K the night before and because I was breaking in new shoes, Peter and I opted to walk with the 5K group. Our group again divided into the fast and slow walkers. The slow walkers from the Sherwood Merrywalkers refer to themselves as the "snails" and were interested in taking their time as well as lots of pictures. Those pictures and ones taken by others in their group can be seen on their website at www.sherwoodmerrywalkers.org. Ku-

dos to Bonnie who designed a "Best of Downtown" 5K walk as an alternative to the regular 10K Centralia walk. This walk includes several interesting places that are not part of the 10K walk. As if walking in Centralia was not enough, about a dozen overachieving Oregonians took the bus to Che-



Centralia train platform with walkers

halis and walked there too! LaTarasca, a family-run authentic Mexican restaurant, located right on Centralia's Main Street was our choice for lunch. Several of the Oregon walkers had read about it in the July issue of Sunset magazine and wanted to try it out. We, along with Sunset, recommend the carnitas accompanied by fresh-made corn tortillas! As Bob says, we're not sure whether we are a walking club with an eating habit or an eating club with a walking habit. At any rate, a good time was had by all! Perki.



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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 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 Dues Are Due in July

Yes, it's hard to believe, but it's true. A year has passed since many of you paid your CAPITOL VOLKSSPORT CLUB dues. Don't miss out, renew today!

CVC dues are still only \$8.00 - individual; \$12.00 - family; \$6.00 - seniors 62 + years. Members pay only \$2.00 for credit for each CVC sponsored walk. What a bargain!

You may send a check to the following address (Capitol Volkssport Club, P.O. Box 2778, Olympia, WA 98507) or pay Karen at our picnic on July 10th.

See you on the trail!

Karen

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

**"All truly great thoughts are conceived by walking."
- Friedrich Nietzsche -**

Newsletter deadline

Tuesday, July 31st, 2012

Anything that you want to include in the newsletter call Harry at (360)-432-23318 or mail to: H.J. Saukants, P.O. Box 2378, Shelton, WA 98584 or e-mail: hjsaukants@q.com