



# Capitol Volkssport Club

## NEWSLETTER

August, 2014

### August Picnic

It is picnic time again!

Our August meeting will be our potluck picnic. This year it will be held August 12<sup>th</sup> at Tumwater Historical Park .



We will meet at the Historical Park Shelter at 5:30 P.M. for dinner. Water, plate, cups, silverware, and napkins will be supplied by the club. The board members will bring main dishes. Please bring a side or dessert to the picnic.

There will be a 5K walk before dinner starting at the shelter at 4:00 P.M. Come walk with us and enjoy a summer

### Welcome New Members



Ellen Matheny, Dottie Breaux, Tess Sutton, Anne Martelle, Rich and Joy Martin and Winston Whitney

\$8 for an individual

\$6 for anyone 55+ years old

\$12 per family

We are phasing out our PO Box, so please send your check to:

Capitol Volkssport Club

Karen Younkins

711 Eastside St. NE

Olympia, WA 98506

**Welcome to our club and see you on the trail!**



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### Important notice

Once again it is time to pay your yearly Capitol Volkssport Club dues. We still have bargain prices!

If you're joining us for our picnic in August, you may pay your dues at that time.

Sincerely,  
Karen Younkins

## NEWS FROM THE TRAIL...



## Upcoming Walks - August 2014

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Sunday August 3	10:30 AM Ocean Shores Lions Club 832 Ocean Shores Blvd. NW Ocean Shores	Seabreeze 2015 work- ers walk and surrey ride Varies 1A/1C	9:00 AM Meet at Westside Haggen Foods near Pier 1 Imports. Drive time approx 1 hour 30 minutes.
Monday August 4	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday August 5	6:00 PM Bayview Thriftway Deli 516 - 4th Av W Olympia	<u>Olympia - West Side YRE 0260</u> <u>10K with 5K option</u> <u>1A</u>	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday August 7	10:00 AM Belfair Safeway 23961 NE State Route 3 Belfair After registering drive to start point.	<u>Theler Wetlands and Pacific Salmon Center Walk</u> YRE 0189 10K with 5K option 1B	9:00 AM Meet at Westside Haggen Foods near Pier 1 Imports. Drive time approx 1 hour.
Monday August 11	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday August 12	5:30 PM Bayview Thriftway Deli 516 - 4th Av W Olympia	<u>Olympia - Capitol Lake and Tumwater Historic Park option</u> <u>YRE 0260 variation</u> <u>10K 1A</u>	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Thursday August 14	10:00 AM Spar Coffee Bar and Cafe 2123 North 30th St Tacoma	Tacoma Downtown YRE 1262 11K 2A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 30 min.

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Monday August 18	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday August 19	5:30 PM Lacey Safeway 6200 SE Pacific Lacey	<u>Lacey Historic Walk</u> YRE 0950 10K with 5K option 1B	N/A
Thursday August 21	10:00 AM  ABC Store 22309 - 7th Avenue SE Des Moines Store opens 10:00 AM	Des Moines Creek Stroll YRE 0605 10K with 5K option 2B	9:00 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 50 minutes.
Monday August 25	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walk box to park in Bayview Parking Lot.
Tuesday August 26	5:30 PM South Bay Market 3425 Schinke Rd Olympia	<u>Woodard Bay Walk</u> YRE 1009 10K with 5K option 1A	N/A
Thursday August 28	10:00 AM Thrive Fitness 5401 Corporate Ctr Lp Lacey	<u>Southeast Lacey Walk</u> YRE 0586 10K with 5K option 1A	N/A

\*\*\* For Monday or Tuesday walks, please contact Jeanne (360-790-4600 or email kokolo@olywa.net) to ask questions about the walks or make start point meeting arrangements.

\*\*\* For Thursday walks, please contact Linda (360-943-8858, cell 360-481-7119, e-mail lpolzin@thurston.com)

or

Sheila (360-923-5381) to ask questions about the walks or make start point meeting arrangements.

\*\*\* If you are a rider in a carpool, please feel free to offer the driver gas money.

If you are the driver in a carpool, please feel free to accept or refuse gas money if it is offered.



**EVENT AND DISTANCE AWARDS**

**EVENTS**



10

Spaulding  
Holly & William



200  
200

Polzin Linda



225

Extine Cindy



1100

Warhol John



1500

Warhol Carolyn

Bauska Roy

**DISTANCE**



2500 km

Extine Cindy  
Polzin Linda



5500 km

Allan Jeannie



11000 km

Morrison Robert



13000 km

Warhol John

*Congratulations and keep walking!*

**CVC Trip to Ocean Shores Aug 3rd**

Here's another chance to go to the beach with your walking friends. On Sunday, August 3<sup>rd</sup>, CVC will travel to Ocean Shores to test surrey peddling and to check trails along the beach in

Ocean Shores and at Moclips, in preparation for our Seabreeze Festival next February 14-16.



Joe Creek in Pacific Beach

We're hoping quite a few will want to rent a surrey to help us determine if it's possible to peddle one for 13K AND if it's any fun. After lunch some may want to walk one of our year-rounds in Ocean Shores.

At 10:30 we'll meet at the Ocean Shores



Pacific Beach State Park

Lions Club, 832 Ocean Shores Blvd. NW. Those who would like to carpool should meet on Oly's west side at Hagggen's (old Top Foods) lot, at the Pier 1 end at 9:00.

There were about 20 hardy folks who braved the rain last winter, when we went to Ocean Shores. Unfortunately, we couldn't find any surreys to rent that day, but we did make headway on designing our trails. Now we're getting closer to Seabreeze. Hope lots of you will return this time, and maybe some new folks will join us.

See you on Aug 3<sup>rd</sup>!

Bonnie







Capitol Volkssport Club  
P.O. Box 2778  
Olympia WA 98507



**CVC OFFICERS**

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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.

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Yearly CVC dues are:

\$8.00 (individual) per year; \$6:00 for 55+; \$12.00 for family. Only \$2:00 charge for our club's YRE walks. Membership for returning/ongoing members is July. Send membership dues to: **CVC, P.O. Box 2778, Olympia WA 98507.**



**CVC Website:** [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)  
**AVA Website:** [www.AVA.org](http://www.AVA.org)  
**Evergreen State Volkssport Association:** [www.ESVA.org](http://www.ESVA.org)

*Wholesome exercise in the fresh air, under the wide sky, is the best medicine for body and spirit.*  
~ Sarah Louise Arnold ~

**Newsletter deadline**

**Wednesday, August 27, 2014**

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