



Capitol Volkssport Club

NEWSLETTER

August, 2015



CVC Special Event

CVC Annual Potluck at Shelter 1, Priest Point Park Rose Garden, 2222 E. Bay Dr. NE - Tuesday, August 11, 2015.

It is hard to believe we are half way through the summer months. July has certainly been unusually warm but has been terrific for walking in the morning, but a little too warm in the afternoon for me!

Looking to August, there are some fantastic looking events plus regular group walks coming up. Val's hometown of Dufur, OR is holding walks August 7-9 in conjunction with a threshing bee. Moving forward on the calendar, Point Robert's has a walk on the "Real NW corner of Washington" on August 15th. It looks like quite an adventure! If you are planning on going, you could get accommodations close by and enjoy some Canadian walks, too. A bit closer to home, there is Hudson Bay Festival Days walk at Dupont on August 16. It is also time to think about the Whidbey Walking Festival held on September 11-13. I hear it is loads of fun. You can find information about it at www.nwtrekkers.org

There is one more event I will talk about more than once. That is the Canadian Convention. It is being held in Langely, B.C. May26-29 2016 with an after convention wine, walk, and dinner. Langely is so close and it is so fun to travel to Canadian events, I hope you check it out. The information is at cvfconvention2016.ca. Some hotels are filling up fast and the after convention walk has a limit to how many can sign up.

Our own CVC picnic is our next meeting time. Priest Point Park is a wonderful park to enjoy a walk plus the shelter by the Rose Garden is a nice spot. If you plan on walking, 3:45 would be a good time to be there. The walk will start right at 4:00PM. Dinner is pot luck and will start at 5:30. Please bring a salad or dessert. The board members will bring a main dish. Plates, utensils, as well as water and non alcoholic beverages are provided. The date is August 11, our regular meeting day. Information can be found on our web page.

One final note. We want everyone coming on weekly walks to have a wonderful time. We are encouraging you to arrive at the start point at least 15 minutes early so you will be ready to walk at the walk start time. If there is a remote start, the arrival should probably be 20 minutes before the walk start time. Also, for the groups that walk in the morning, lunch is always a wonderful end to the walk. If you do not hear where the group is heading for lunch, be sure to ask before we leave.

See you at the picnic!

Liz



NEWS FROM THE TRAIL...

Upcoming Walks - August 2015

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Monday August 3	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday August 4	6:00 PM Lacey Safeway 6200 SE Pacific Lacey	Lacey Historic Walk YRE 0950 10K with 5K option 1B	N/A Meet at start point at 5:45 PM to register, start walking promptly at 6:00 PM so as to finish before dark.
Thursday August 6	10:00 AM Thrive Fitness 5401 Corporate Ctr Loop SE Lacey	Southeast Lacey Walk YRE 0586 10K with 5K option 1A	N/A
Monday August 10	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday August 11	*** No Walk ***	You could come to the CVC Annual Potluck at the Priest Point Park Rose Garden instead.	*** No Walk ***
Thursday August 13	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.

(Continued on page 3...)

(Continued from page 2)

Monday August 17	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday August 18	6:00 PM Tumwater Safeway 520 Cleveland Ave Tumwater	Tumwater Historic Parks Walk YRE 1743 11K with shorter options 2B	N/A Meet at start point at 5:45 PM to register, start walking promptly at 6:00 PM so as to finish before dark.
Thursday August 20	10:00 AM Holiday Inn and Suites 730 NW Liberty Place Chehalis After registering at hotel drive to start point. Limited parking at trail-head. Additional parking at nearby state park with Discover Pass.	Chehalis Willapa Trail YRE 0356 10K with 5K option 1A	9:30 AM Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer. Drive time approx 30 min.
Monday August 24	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	Olympia local walk starting at Bayview Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday August 25	6:00 PM South Bay Market 3425 Schinke Rd Olympia	Woodard Bay Walk YRE 1009 10K with shorter options 1A	N/A Meet at start point at 5:45 PM to register, start walking promptly at 6:00 PM so as to finish before dark.

Continued on page 4....

Continued from page 3....

<p>Thursday August 27</p>	<p>Ferry leaves Steilacoom terminal at 9:00 AM</p> <p>Pierce County Ferry Dock 56 - Union Ave Steilacoom</p> <p>Bring a lunch with you.</p> <p>12K parking in Steilacoom: Left at Water, Right on Champion, Left at First, parking on right.</p>	<p>Anderson Island walk YRE Y0999 10K with 5K and 12K options 2A</p>	<p>8:00 AM</p> <p>Meet at Martin Way Park&Ride at the back of the lot.</p> <p>Drive time approx 30 min.</p> <p>Ferry fare is \$5.00 (\$2.50 seniors) for foot passengers. Purchase tickets at the ferry dock or online here.</p>
<p>Monday August 31</p>	<p>2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia</p>	<p>Olympia local walk starting at Bayview Varies 1A</p>	<p>N/A</p> <p>Pick up parking pass in walkbox to park in Bayview Parking Lot.</p>

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

*** For Tuesday walks, please contact Perki (360-459-8167 or email pandpsweet@gmail.com) 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)

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



50

Froelich Carol



225

Extine Mike



1100

Morrison Robert

Morrison Elizabeth



1150

Morrison Sheila



1250

Warhol John

DISTANCE



500 km

Froelich Carol



2500 km

Extine Mike



3000 km

Extine Cindy



13000 km

Morrison Sheila



19000 km

Wittenberg Nancy



35000 km

Tucker Bonita

Congratulations and keep walking!



Welcome new member

Carolyn Thompson

Welcome to our club and see you on the trail!



On one of the AVA convention walks on the University of Oregon campus in Eugene June 17, 2015



On Thelar Wetlands at Belfair walk June 4, 2015



Capitol Volkssport Club
Olympia WA 98507



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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 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 a check made out to CVC, addressed to Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.



CVC Website: www.capitolvolkssportclub.org
AVA Website: www.AVA.org
Evergreen State Volkssport Association: www.ESVA.org

"After a day's walk everything has twice its usual value!"
— George Macauley Trevelyan

Newsletter deadline

Saturday, August 29, , 2015

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