



# Capitol Volkssport Club



## NEWSLETTER

May, 2017

***The next CVC General Membership meeting will be on Tuesday, May 9, 2017 at Izzy's Restaurant at 3540 SE Pacific Ave in Olympia.***

A no-host dinner begins at 5:30 PM followed by the business meeting at 6:30 PM.

I am looking forward to some brighter days in the month of May! Some statistics have just come out on our very wet rainy season. Olympia has had 56.94 inches of rain since October 1. That is 15 inches above our normal rainfall. Sea-Tac has set a record with 44.67 inches and April was still not done with both these measurements. I am glad our Walking Challenge was extended through April! Those who are participating in this challenge need to have records of walks sent to Tom Baltes by May 9.

I know we are all still walking, despite the rainy weather. Several of us have just returned from Victoria, BC after enjoying the Phoenix Festival. It was a wonderful weekend with our Canadian friends. Our Tuesday evening walks are also in full swing.

Upcoming events include the ESVA meeting in Spokane, followed by the Bloomsday Race. The Big Give is on May 4. Directions for donating have been sent out to the membership. The AVA Convention is almost here, too, with great walks in neighboring states.

Our next Membership Meeting is May 9, at Izzy's. I will be giving a brief presentation on my trip to Australia. We also have a lot of business that needs attention, our officer spots, by-law change, Big Give donation, and Convention voting news.

See you all at the meeting May 9, or on the trail.

Liz



## NEWS FROM THE TRAIL...



## Upcoming Walks - May 2017

Date	Time/Location	Event/Distance/ Rating	Carpooling Info ***
Monday May 1	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 May 2	Register by 5:45 PM Walk leaves at 6:00 PM  Briggs YMCA 1530 Yelm High- way Olympia	Ward Lake Walkabout 10K with 5K option 1A	N/A
Thursday May 4	Register by 9:45 AM Walk leaves at 10:00 AM  Tumwater Safeway 520 Cleveland Ave Tumwater	Tumwater Historic Parks Walk YRE 1743 11K with shorter op- tions 2B	N/A
Monday May 8	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 May 9	*** No Walk ***	You could come to the CVC Meeting at Izzy's instead.	*** No Walk ***
Thursday May 11	Register by 9:45 AM Walk leaves at 10:00 AM  Safeway Food and Drug 2411 N Proctor St Tacoma	Proctor District - Uni- versity of Puget Sound YRE 0816 10K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot.  Be early - carpools leave at 9:00 AM  Drive time approx 35 min.

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Monday May 15	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 May 16	Register by 5:45 PM Walk leaves at 6:00 PM Nisqually Wildlife Ref- uge Visitor Center  Register before walk at Chevron Station 10246 Martin Way E Nisqually (I-5 Exit 114) then drive to start point.	Billy Frank Jr. Nisqually Wildlife Area Walk Seasonal Walk Y 0838 10K with 5K option 1B	N/A  Register at Chevron Station then drive to NWR Visitor Center.  <b>No pets.</b>  \$3.00 park entrance fee, waived for holders of Federal Golden pass- ports or Federal duck stamps.
Thursday May 18	Register by 9:40 AM Walk leaves at 10:00 AM  Shell Station 2802 Auburn Way S Auburn  Leave Shell Station at 9:50 AM to drive to start point.	White River Trail and Parks YRE 1451 10K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot.  Be early - carpools leave at 8:45 AM  Drive time approx 50 min.
Monday May 22	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 May 23	Register by 5:45 PM Walk leaves at 6:00 PM  Thrive Fitness 5401 Corporate Center Loop SE Lacey	Lacey Southeast "States" Walk YRE 0586 10K with 5K option 1A	N/A

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Thursday May 25	Register by 9:40 AM Walk leaves at 10:00 AM  Tenino Market 669 Lincoln Ave E Tenino  Leave Tenino Market by 9:50 AM to drive to City of Tenino Park Sign 300 West Park Ave Tenino	Tenino Town and Trail Walk YRE 0678 10K (rated 2C) with 5K option (rated 1A)	Meet at Starbucks at Trosper and Littlerock Road near Fred Meyer.  Be early - carpools leave at 9:15 AM  Drive time approx 30 min.
Monday May 29	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 Bay- view Parking Lot.

\*\*\* 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, e-mail 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.



Yes, CVC does walk in the rain! Woodard Bay, Olympia on a rather damp early March day(copied from CVC Home page)

**EVENT AND DISTANCE AWARDS**

**EVENTS**



125

Kris Colburn



150

Kris Colburn & Cheryl Evans



225

James Younkins



450

James Younkins



475

Karen Younkins



500

Karen Younkins



525

Karen Younkins



900

Carolyn Thompson



1450

Sheila Morrison

**DISTANCE**



500 km

Chase Davis



1000 km

Kris Colburn



3500 km

James Younkins



10000 km

Karen Younkins



20000 km

Carolyn Warhol

***Congratulatio and keep walking!***



THE  
*Spirit*  
OF WALKING



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

**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)

*"In every walk with nature one receives for more than he seeks."  
—John Muir —*

Newsletter deadline  
**Wednesday, May 31, 2017**  
 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