

WHAT IS VOLKSSPORTING?

Volkssporting (people's sport) has its origins in Germany and has become popular worldwide. This self-paced physical activity, predominately walking, is non-competitive and for all to enjoy.

Routes are developed by local clubs, and many participants track their accomplishments through event stamps kept in record books. This low-cost incentive program rewards personal accomplishment.

Trails are selected for scenic interest, historic points, and natural beauty. Volkssporting events are great family activities, and most routes are suitable for strollers. In many cases even the family dog can go along.

Volkssporting is a great way to learn about an area, get some enjoyable exercise, meet new people...and have fun!

EVENTS

Scheduled events are usually held on weekends. Colored ribbons and arrows mark the way, and an ample walk window allows lots of time to start and finish the route.

Year-round events are available any day of the year and feature self-start registration at a local business. Maps and written directions are provided to guide your way on the route.

WHY JOIN CAPITOL VOLKSSPORT CLUB?

- \$1 discount at each CVC sponsored Year-round event
- Find fellowship with other walkers
- Discover new walking areas
- Opportunity to develop and participate in new and interesting walking events
- Monthly newsletter
- Challenge and reward yourself
- Improve health and fitness
- Club walks, social times, and special presentations at meetings

WANT TO KNOW MORE?

Check our website below for meeting times and location or contact our membership chair:

Sheila Morrison
6634 Milano Court SE
Olympia, WA 98513

Visit our website at www.capitolvolkssport-club.org or check the Evergreen State Volkssport Association at www.esva.online for current walk information.

NW PATHFINDER

The Northwest Pathfinder is a bi-monthly magazine published jointly by the Evergreen State Volkssport Association (ESVA) and the Oregon Trail State Volkssport Association (OTSVA)

The NW Pathfinder contains information about scheduled events and year-round walks in both states as well as club information. The annual subscription rate is \$14, and it can be ordered by sending a check to:

NW Pathfinder
% **Chase Davis**
6623 Riviera Court SE
Lacey, WA 98513-4965

MEMBERSHIP APPLICATION

- Individual \$8
- Family \$12
- Senior (55+) \$6

Name (Please Print Clearly):

Street: _____

City: _____

State/Zip: _____

Phone: _____

Cell: _____

Email: _____

I am interested in contributing to the club in the following ways:

- Trail Development
- Publicity
- Membership
- Club program/social events
- Web maintenance
- Support for CVC events

How did you hear about CVC?

- Volkssport event
- Internet
- Friend
- Newspaper

Send with check to:

Capitol Volkssport Club
c/o Sheila Morrison
6634 Milano Court SE
Olympia, WA 98513

10/14/21

CAPITOL VOLKSSPORT CLUB

“Olympia’s Walking Club”

Come Walk With Us



**Join in non-competitive
walking and biking events**

**You choose the distance
You choose the pace
You are always the winner**

Fun, Fitness, Friendship

**Contact us at
www.capitolvolkssportclub.org**