



Capitol Volkssport Club Newsletter April-May 2024 President's Message Submitted by Karen Younkins, President Capitol Volkssport Club

Hello CVC members,

Just a week ago when we had those wonderful spring-like days, I became very excited about walking again. OK. Now we are back to normal, dodging those passing spring showers. It does feel like we've turned the corner on winter, though, and can enjoy the beautiful flowering trees, daffodils, lakes, ducks in the ponds, and meeting friends on the trail.

I would like to thank the many CVC members who have been busy doing workers' walks on the trails for the upcoming Wild and Woodsy event. The W & W event covers four days - Thursday, April 25 - noon to 5 PM, Friday, April 26 - 8 to 5 PM, Saturday, April 27 - 8 to 5 PM, and Sunday, April 28 - 8 to Noon. You are invited to walk individually or join one of our group walks. Check our website for group walk opportunities and all the other information. It's a wonderful time to invite friends to come and join you to explore the beautiful Puget Sound Region.

Pam Greig Davis still has opportunities for you to help with W & W, so please let her know if you are available to work a shift, make cookies etc.

One of our favorite W & W walks is the Five Friendly Parks because it goes through the Mission Creek Nature Park in our neighborhood. The cedar tree behind Jim used to be in our yard. A man was cleaning up an area in Mission Creek three years ago, and Jim gave him his tree to plant near the trail at 1500 Fir St. NE. Look to the left to see the bigger cedar tree. Now it has grown at least three feet, so we are thrilled to add a new tree to the park.

If you are a Thursday walker, please take note. On Dec 21 last year, the CVC club did a walk at Fort Steilacoom. Twelve of the Evergreen Wanderers did this walk as well, but they left for the walk early so they could attend a Christmas get together that day. Both the sign-up sheet and the money have never turned up. If the CVC is attending another club's walk, we need to be sure that the money and the sign-up sheet are sent to the host club. The last person signing up needs to take care of this.

This is a beautiful time of year to get out in the fresh air and enjoy a walk. I would like to encourage everyone to wear any Capitol Volkssport Club clothing, hats, bags, etc. to advertise our club when you are out walking!

See you on the trail,
Karen



Capitol Volkssport Club News

Wild & Woodsy Walking Event in Olympia, Washington April 25 – 28, 2024



If you haven't yet heard, this four-day event will include walks in the Olympic National Forest, Northwest Trek Wildlife Park, state and city parks, and local neighborhoods. A new event this year will be an Oly Pub Crawl on Thursday afternoon, April 25. The event will also include a Meet & Greet and an event dinner at the Rivers Edge Restaurant in Tumwater.

The Wild & Woodsy start point will again be at the Washington Association of Sheriffs & Police Chiefs, 3060 Willamette Dr NE, Suite 200, Lacey, WA 98516.

Visit the CVC website for all the details: <https://capitolvolkssportclub.org> and select **Special Events** from the left-hand menu.

Guided Walks at Wild & Woodsy!

This year's event offers multiple guided walks each day!

Thursday, April 25:

Olympia Pub Crawl. Because of overwhelming response to this event, there will be 3 guided groups leaving at staggered times: 3:30 pm; 4:00 pm; 4:15 pm. Each group has a leader. Start Point: Bayview Thriftway Market, 516 4th Ave W, Olympia. **Parking:** please try to find parking on the street. The Bayview Thriftway parking lot is not big enough for all our walkers.

Friday, April 26:

Here a Park, There a Park. Start time: arrive at 9:45 am for 10:00 am start. Start Point: Rainier Vista Park, 5475 45th Ave SE, Lacey. Group will meet near covered picnic area and kids' playground.

Millersylvania State Park Hike. Start time: arrive at 9:45 am for 10:00 am start. Start Point: Millersylvania State Park, 12245 Tilley Road SW, Olympia, WA; Boat Launch parking lot. After entering Millersylvania State Park from Tilley Rd SW (WA-121 S), follow the signs for "Day Use"; and then "Boat Launch" (Reminder: A Discover Pass, or a \$10.00 one-day Discover Pass is required.) Driving directions to Millersylvania State Park: From I-5 South, take Exit 99 onto 93rd Ave SW (SR-121 South). Continue .3 mi and turn left onto 93rd Ave SW. Proceed for 1.5 mi and turn right onto Tilley Rd South. In 3.0 mi, turn right into Millersylvania State Park.

Tumwater Valley Walk. Start time: arrive 3:45 pm for 4:00 pm start. This is a 5K guided walk. Start Point: River's Edge Restaurant parking lot; 4611 Tumwater Valley Dr SE, Olympia, WA (this is the location of the Meet & Greet which starts at 6:00 pm Friday)

Saturday, April 27:

Mima Falls Hike. Start time: arrive 9:00 am for 9:15 am start. Start Point: From Olympia, head south on Interstate 5 to exit 95 / Littlerock Maytown. Then drive west on Maytown Road SW for 2.9 miles to a major intersection in Littlerock. Continue west on 128th Ave SW for 0.8 miles. Turn left onto Mima Rd. SW. Proceed for 1.3 miles and turn right onto Bordeaux Rd SW. Continue 0.7 mile and turn right onto Marksman St SW. After 0.8 miles bear left to the Mima Falls Trailhead entrance and continue 0.3 mile up gravel road to Mima Falls Trailhead. Washington State Discover Pass required for parking. Lots of parking is available.

Hawks Prairie Neighborhood Walk. Start time: 9:45 am for 10:00 am start. Start Point: Washington Association of Sheriffs & Police Chiefs, 3060 Willamette Dr NE, Suite 200, Lacey, WA. This is the Wild & Woodsy event center.

More Wild & Woodsy Guided Walks

Saturday, April 27, 2024

Tumwater Valley Walk. Start time: arrive 3:45 pm for 4:00 pm start. This is a 5K guided walk. Start Point: River's Edge Restaurant parking lot; 4611 Tumwater Valley Dr SE, Olympia. This is the location of the Saturday evening group buffet dinner. Doors open at 6:00 pm, dinner at 7:00 pm

Wild & Woodsy Volunteers Needed:

- *Registration
- *Finish Table
- *Sales and Walk Information
- *Cookie / snack donations for the event

When: April 25 -27, 2024; 2-hour shifts

Thursday: 12:00 pm to 5:00 pm

Friday: 8:00 am to 5:00 pm

Saturday: 8:00 am to 5:00 pm

Sign up at the April CVC general meeting, or contact Pam Greig-Davis at:

greigenterprises@msn.com or (360) 790-9733



Joy Adams Memorial Walk in Poulsbo, Friday, May 3, 2024

The CVC has organized a memorial walk for member, Joy Adams, who passed away in January of 2024. Joy was an active member who will be remembered for her smile, her positive outlook, and her many contributions to our club. Because Joy was proud of her Poulsbo heritage and never missed a Volkssport walk there, we will walk in Poulsbo and share our memories of her.

Start time: 9:45 am sign-in, 10:00 am start. **Start point:** Hot Shots Java, 18881 Front St NE, Suite B, Poulsbo. Parking is available behind stores to the west. Walk credit will be available for \$4, as well as a sign-in sheet.



More Capitol Volkssport Club News

Capitol Volkssport Club's 5T's Train and Walk in Portland, Thursday, June 20, 2024

Ride the train to Portland with club members, and then see the beautiful Rose City on trams, trails, trollies and the Tillicum Bridge. 5K and 10K routes are available. Credit for the walk: \$3. You must make your own reservations for the train trip. For all the details and links, see the CVC webpage, Special Events. Capitolvolkssport.org

Back to the Beach



CVC is planning a special walking event for friends and family August 13-15, 2024. And yes, dogs are welcome. Several walks are planned on route, and in the Ocean Shores area. Be sure to check The Back to the Beach Club Trip link under Special Events on the CVC website (capitolvolkssport.com) for all the details. If you plan to stay overnight, early reservations are necessary.

CVC Creates New AVA Challenge, Walking with the Wild Things

Submitted by Pam Greig-Davis



Last year, the CVC submitted a proposal asking to host a national-level AVA walking challenge. We were told in February that we had been selected! The challenge is called “Walking With the Wild Things”. This will be the very first national-level challenge the CVC has ever hosted!

The challenge will begin on January 1, 2025 and end on December 31, 2027. Participants will find a total of 15 critters (trolls, gargoyles, fairies, and gnomes). The award for completing this challenge will be a fully-embroidered 4x4-inch patch drawn by Dorman Batson. Dorm has been designing the award patches for local clubs for many, many years, and his work is amazing. Pam Greig-Davis will be the POC for this challenge.



The idea started when Thomas Dambo placed five trolls in the greater Seattle area, and many walkers in the Washington state clubs created troll-themed walks, both YRE's and some traditional walks. We decided to include gargoyles, fairies, and gnomes to make the challenge even more interesting and more do-able for everyone across the United States.

UPCOMING CVC WALKS:

Be sure to check the CVC Webpage (www.capitolvolkssportclub.org) for a complete listing of our upcoming club walks. Here are some upcoming walks to pique your interest:

Every Monday Walks are scheduled: April 1, 8, 15, 22, & 29; May 6, 13, 20, & 27. Walks begin at Bayview Thriftway, 516, West 4th Ave., Olympia. Walks take you through the diverse neighborhoods of our capitol city. Registration is at 1:45 inside the store near the Deli. Walks begin at 2:00 pm.

Tuesday Evening Walks Are Back! Beginning Tuesday, April 16, 2024, evening walks resume. Meet at the specified location at 5:45 pm for sign-in and the 6:00 pm departure. See the CVC website for the full schedule (www.capitolvolkssportclub.org). Here are a couple Tuesday walks not to be missed:

Tuesday, May 7, 2024: Olympia Westside Nature Trails will take you on a pleasant evening stroll through springtime woods and along pleasant trails.

Tuesday, May 14, 2024: the Grand Mound-Scatter Creek Wildlife Area should be blooming with gorgeous prairie flowers for this evening walk.

Every Thursday the CVC offers group walks starting at 9:45 am. All walk destinations can be found at the CVC webpage, but here are a few interesting routes coming up in April & May.

Thursday, April 4, 2024: Aberdeen Waterfront, Town and Hilltop Walk. On this walk you'll enjoy the murals & quirky artwork of the downtown area, the lumber barons' homes as you climb hills and hidden staircases, and beautiful views of the harbor from the top. This is great way to celebrate National Walking Week!

Thursday, May 16, 2024: Dupont Sequelitchew Trail will take you down the old dynamite railroad route to Puget Sound where the ships arrived to transport the dynamite around the world.

Thursday, May 23, 2024: Tacoma Proctor District / University of Puget Sound. Stroll through a beautiful college campus and through lovely north Tacoma neighborhoods catching view of Puget Sound.

UPCOMING WALKING OPPORTUNITIES NEAR & FAR

Saturday, April 13, 2024: Tacoma VS Ruston Walk. Two loops are included on this walk. On Loop #1 you'll enjoy unique gardens, a pioneer stone church, and views of Commencement Bay. Loop #2 goes through the Ruston Public Market, through Dune Park and up over the bridge to the Point Defiance Gardens.

Start time: 9:00 am – 12:00 pm; Finish: 3:00 pm. Routes include a 12K, a 7K and a 5K. Fee: \$4

Start Point: VFW Narrows Bridge Post, 4741 N Baltimore St, Tacoma, WA



May 9, 10, & 11, 2024: Spring in Winthrop (Washington). Five walk routes will be available at this event, but there are no group walks planned.

In Person registration will be May 9, 10 & 11.

Register, ask questions, get directions and get stamps between **9am & noon**.

The sponsoring club, the Interlaken Trailblazers, will be set up in front of the Winthrop Ice Rink. (Winthrop Town Trailhead) 208 White Ave, Winthrop, WA 98862. See the Interlaken Trailblazers website for further details:

Interlakentrailblazers.org

August 2-4, 2024: Northwest Hiking Weekend, Glacier, WA (near Mt. Baker)

Three hikes around the Mt Baker area are highlighted on the Four Plus Foolhardy Folks website. Chain Lakes is the highlight!!!

Check back to their website closer to the event date for complete details:

www.fourplushikers.weebly.com



SAVE THE DATE FOR THESE UPCOMING WALKING EVENTS!

August 22 – 25, 2024: Wallace, Idaho Event. Visit the [Lilac City Volkssport webpage](#) closer to the event.

September 19 – 22, 2024: Northwest Regional Walkfest – Kicking Around Kitsap, Silverdale, WA. The event includes 8 walks & hikes, and socials to connect with friends. More info to follow.

October 11 – 13, 2024: Kelowna Wine Walks, Kelowna, British Columbia: Enjoy 4 walks, each passing at least 2 wineries. Social time and party time, included. For more information: [Surrey Trekkers](#)

October 17 – 20, 2024: Shady Cove in Southern Oregon. Join the Rogue Valley Walkers for beautiful walks and hikes in the Rogue River Valley. For more information: [Rogue Valley Walkers](#).



Spring and Summer Walking Tips

Sunscreen – use a sunscreen of 30 SPF or higher and apply a good, thick coat. Be sure to reapply your sunscreen every 80-90 minutes. Physical sunscreens like hats with brims, and light weight clothing work well. You might even want to invest in clothing with sunscreen properties, if you walk a lot in sunny conditions. Light colored and loose fitting items keep you from overheating and keep you more comfortable while walking.

Hydration – hydration is crucial as the temperatures heat up. You'll sweat more in warmer temps, so drink water before you head out on a walk and replace the water you are losing while walking by drinking on your route.

Cool Down After Walking – a cold shower after walking in heat works well, as does re-hydrating with cool beverages.



Capitol Volkssport Club Meetings



Join in your CVC monthly club meetings to

- Find out the latest plans for walks and social events
- See presentations from club members about recent walking trips
- Meet club members and share walking experiences



When: Thursday, April 11, 2024 & May 9, 2024

Where: Family Center of the Olympia-Lacey Church of God.
The church is located at 5005 Lacey Blvd SE, on the southeast corner of the intersection of Lacey Blvd. and Ruddell Road.

Remember - A great way to find out about all the walks coming up in our region is by subscribing to *THE NORTHWEST PATHFINDER* Washington & Oregon's Premier Event Newsletter

The Northwest Pathfinder is the official newsletter of the Pathfinder Volkssport Club of the Northwest published bimonthly with information about upcoming events in both Washington and Oregon. It contains a wealth of information about volkssporting including awards, credit, trail ratings, member clubs and their officers, and an event locator map. The newsletter is sent to all Active and Associate Members of the Pathfinder Volkssport Club of the Northwest. Annual membership dues are \$14.00.

For more information or to subscribe to The Northwest Pathfinder, contact:

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360-584-6446
Join and pay online!
www.esva.online/nw-pathfinder-home-delivery/



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“Walking is the ultimate travel adventure. You never know where your feet will take you.”

— Richard A. Schmidt

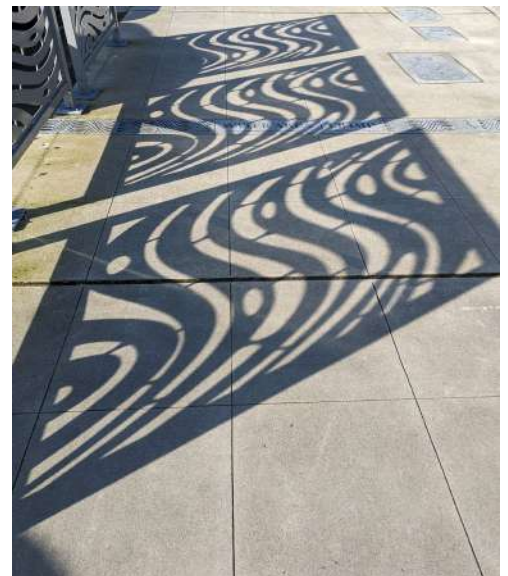
CVC PHOTO GALLERY



Beautiful views during the mid-March heat wave



Snow-capped Olympic Mountains greet walkers coming down the Capitol switchback trail



Sunshine and shadows create art near Budd Bay.



The White River Trail in Auburn provides a dramatic walking experience.



Willapa Hills Trail Bridge provides a safe and beautiful way to cross State Hwy 6



Lots of CVC members volunteered to proof walks for Wild & Woodsy at Mima Falls and Millersylvania.



Walkers enjoy westside blossoms in Olympia



Spring crocus popping up in Tumwater



Walkers enjoy a rainy day in Olympia