

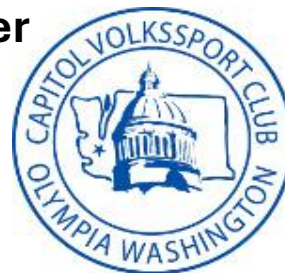


Capitol Volkssport Club Newsletter

August/September 2026

"Olympia's Walking Club"

Come Walk with Us



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Club Meeting Schedule

The CVC general membership meets on the second Thursday of every other month at 5:00 PM in the 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. The wearing of masks is optional.

Upcoming General Membership Meeting Dates:

September 10, 2026

November 12, 2026

PHOTOS, ARTICLES FOR OCT/
NOV NEWSLETTER DUE: **SEPT 25,**
2026.

SEND TO NEW E-MAIL:
DEVANSCVC@YAHOO.COM

President's Message

By: Chase Davis

As your new Capitol Volkssport Club president, please allow me to briefly introduce myself: I started walking with the club in 2016. I edited the Northwest Pathfinder Newsletter and was the president of the NW Pathfinder Club starting in 2018 until 2025. During 2019-2021, I was the treasurer of the American Volkssport Association (AVA). I'm currently treasurer of the Evergreen State Volkssport Association (ESVA).

I thoroughly enjoy walking, but until joining the Volkssport community I hadn't traveled for the specific purpose of walking. In recent years my wife, Pam, and I have walked in all the counties of Washington and Oregon and have gone on several long-distance trips that stopped in multiple states for the 50 states and 51 capitols AVA challenges. We seek out walks in our travels. I think that Pam sums it up best that those walks seek to show you the best of their area. I fondly remember the section of Berlin Wall that the Montreal, Quebec walk took me past that I wouldn't have otherwise found.

During my time as AVA treasurer, then AVA president David Bonewitz commented that the mission of the AVA was to get people walking, not to stamp books. I think that his point was that experienced walkers may focus on getting their achievements when they should be welcoming and encouraging new walkers. Most of us regular club walkers can easily walk a 5K or 10K since we have built up endurance from regular walking. New walkers may not be able to keep pace with us, so we should be willing to keep their pace so that they are encouraged to return.

President's message continued – Page 2

Upcoming AVA 50th Anniversary Signature Events

August 28-29, 2026

"AVA 50th Pre-Cruise Walks"

Boston, MA

September 7, 2026

"Annual Mackinac Bridge Walk"

Mackinaw City, MI

September 24-27, 2026

*"Walking in the Footsteps of
Lewis & Clark"*

Astoria, OR

October 16-18, 2026

"Annual FreedomWalk Festival"

Arlington, VA

October 29-November 1, 2026

"Halloween Kicks on Route 66"

Kansas, Missouri and Oklahoma

November 6-8, 2026

"Annual Walk Around Florida"

Bradenton, FL

November 14, 2026

"OWF Honors Veterans"

Dayton, OH

December 5, 2026

"Weihnachten Lights Spectacular"

Helen, GA

For more details on each event,
plus Nov-Dec events, visit the AVA
Website: [50th Anniversary – AVA](#)



Presidents Message continued....

Our club offers group walks for members, but we also invite members of the public by publishing our walk schedule on our website and on Meetup. Some of you have probably heard my lament that club members rarely RSVP for our walks on Meetup, despite a significant number of club members who are in our Meetup group and get notice of our walks.

I wonder if a potential walker sees that no one besides me (as organizer) has RSVPed to the walk and doesn't sign up because the event looks like a loser. Who wants to be the only person to attend an event? To test my theory, I'd like to propose an experiment: I encourage you to RSVP on Meetup if you plan to attend one of our club walks. Doing so may send a signal to the public that we show up for our group walks.

Bylaws

At our July meeting, I mentioned that I will be proposing amendments to our bylaws. It is important for an organization to follow its bylaws and ours are outdated. We should ensure that our bylaws remain relevant and cover situations that may occur. I spent some time comparing our club bylaws to those of the NW Pathfinder Club. I plan to send my suggestions to the CVC club board for comments prior to publishing the changes in the newsletter for the members to review.

I would like to thank Karen Younkings for volunteering the last four and ½ years as club president.



**America's Walking Club
2027 Biennial Convention
and Walkfest!
June 28 – July 1, 2027**

Pre-walks June 26-27, 2027

Post-walks July 2-4, 2027

For more information and registration,
visit [AVA.org](#) or call (210) 659-2112.

Capitol Volkssport Club Officers and Contact Information

<i>Position</i>	<i>Name</i>	<i>Phone/e-Mail</i>
President:	Chase Davis	See Club Roster
Co Vice-Presidents:	Larry & Cheryl Bush	(303) 548-0788 / bikecb@aol.com
Secretary:	David Black	(919) 302-3175 / dblackarchitect@gmail.com
Treasurer:	Pamela Davis	See Club Roster
ESVA Rep:	Mary Clem	(912) 248-5868 / maryleonaclem@gmail.com
ESVA SS AC*	Bonnie Tucker	(360) 628-9518 / bonniedale@comcast.net
Membership:	Sheila Morrison	(360) 888-9822 / sheila.morrison@comcast.net
Sales & Information:	Sheila Morrison	(360) 888-9822 / sheila.morrison@comcast.net
Newsletter:	Diane Howell Evans	devanscvc@yahoo.com
Webmaster:	Peter Sweet	(360) 556-1604 / ollysweetp@yahoo.com
Meetup.com Admin:	Chase Davis	See Club Roster

* SS AC = South Sound Area Coordinator

Upcoming CVC Weekly Group Walks

Check the CVC Webpage (www.capitolvolkssportclub.org) for a complete listing of our upcoming club walks. These scheduled walks are a great way to walk with others, exercise, socialize, and maybe enjoy food and beverage before or after the walk— Fun, Fitness, Friendship and Food (our neighbors to the North also add Fermented Fruits)!

Every Monday Walks are scheduled: August 3, 10, 17, 24, and 31; September 7, 14, 21, and 28. Walks begin at Bayview Thriftway, 516 West 4th Ave, Olympia. The walks take you through the diverse neighborhoods of our capital city. Please sign in by 9:45 am to be ready to depart at 10:00 am. *Remember to pick up parking pass in walkbox to park in Bayview Parking Lot. Please contact Jeanne (360-790-4600 or e-mail her at kokolo@olywalking.net) to ask questions about the walks or make start point meeting arrangements.

Every Thursday Walks are scheduled: August 6, 13, *20, and 27; September 3, 10, 17, and 24. Please sign in by 9:45 am to be ready to depart at 10:00 am. These walks highlight areas in the NW both near and far distance wise. Please contact Barb (360-485-3693 or e-mail her at ravnliz08@yahoo.com) to ask questions about the walks or make start point meeting plans.

(* Club picnic – see page 3).

Twice Monthly Tuesday Night Walks are scheduled: August 4 and 18; September 1. Please sign in by 5:45 pm to be ready to depart at 6:00 pm.

CVC Monthly TGW Schedule

August 6, 2026—Ocean Shores Bayside. Lovely walk on the bay side of the Ocean Shores peninsula. **Start/Finish Location:** Ocean Shores IGA, 101 E Chance-A-La-Mer NE, Ocean Shores WA. **Start Table Open:** 9:45 am. Walk begins at 10:00 am. **Distances Offered:** 5k/10k (1C). **Important Event Information:** Not possible for strollers or wheelchairs. Pets are allowed subject to local leash and cleanup laws. Restrooms are at the start point or at the entrance to the beach. No water or restrooms are available on the beach itself. **POC:** Jeanne Allen at (360)790-4600 or kokolo@olywalking.net.

August 13, 2026— Olympia Evergreen State College. Walk through the campus on sidewalks and maintained paths with some stairs. The 10K walk includes the campus, the organic farm, a lengthy walk through the woods and down the hill to Eld Inlet (no beach access, but nice views) and up a steep hill (on a paved road) back to the campus, whence the 2C rating. The 7K walk includes the campus, the organic farm and surrounding woods, but no hills of any consequence. **Start/Finish Location:** The registration point is at the bus shelter at the end of the entrance loop into Evergreen State College. **Start Table Open:** 9:45 am. Walk begins at 10:00 am. **Distances Offered:** 10K (rated 2C) with 7K option (rated 1B). **Important Event Information:** Not possible for strollers or wheelchairs. Pets are allowed, but need to be on a leash. Restrooms, coffee, food, and books are available at the college during open hours. If the college is closed, no facilities are likely to be available. **POC:** Cheryl Bush at (303)548-0788 or bikecb@aol.com.

September 10, 2026 - Olympia Ward Lake & Deschutes River. Walk through south Olympia and north Tumwater neighborhoods visiting a small lake with fishing access and Pioneer Park along the banks of the Deschutes River. **Start/Finish Location:** The registration point is outside the entrance to Briggs Community YMCA, 1530 Yelm Hwy SE, Olympia WA, on the north side of the building. **Start Table Open:** 9:45 am. Walk begins at 10:00 am. **Distances Offered:** 10K/6K (1B). **Important Event Information:** Possible but difficult for strollers, not possible for wheelchairs. Pets are allowed. Restrooms are at the start point and at occasional points along the route. **POC:** Carol Froelich at (360)292-0830 or carolkent2@comcast.net.

Upcoming Events:

....Near and Far (information taken from AVA.org event list)

August 15, 2026—Mt. Rainier National Park WA. The Daffodil Valley Club is hosting a walk on a section of the Wonderland Trail. **Start/Finish Location:** Registration is at Ashford County Park, 29801 WA-706, Ashford WA. **Start Table Open:** 8:30 am – 12:00 pm. **Distances Offered:** 6k/10k (2C). **Important Event Information:** 1-Registration is OUTSIDE the National Park. You will then drive into Mt. Rainier National Park to the Cougar Rock Picnic Area. 2-You will need to pay the entrance fee or use your National Park Pass. 3-Ask for a map and directions to the Cougar Rock Picnic Area at the entrance to the park. 4-This will be a map walk. There will be NO trail arrows. 5-There is no “timed entrance” to enter the park BUT there may be long wait times to enter the park later in the morning.

August 29, 2026 – Historic Canby & Cruise-In Canby OR. The Columbia River Volkssport Club is hosting a walk through the Annual Canby Cruise-In, a pioneer cemetery, past several historic churches, city parks and on trails. **Start/Finish Location:** Cutsforth Marketplace, 225 NE 2nd Ave, Canby OR. **Start Table Open:** 9:00 am – 11:00 am. Finish by 2 pm. **Distances Offered:** 6k/11k (1A). **Important Event Information:** There will NOT be an organized Group Walk. Instructions and maps will be available. Walkers can organize their own group, if desired to walk in a group. Please do not park in front of the store. Use the theater parking lot behind the store at the end of NE 2nd Ave. Classic Cars for the Cruise-In will be located around Wait Park at 2nd St and Grand Ave.

Near and Far continued on Page 5

Near and Far continued....

September 5, 2026 – Labor Day Weekend Walk in Seattle WA. The Emerald City Wanderers are hosting their annual Labor Day event. **Start/Finish Location:** St Alphonsus Family Center, NW 57th Street, Seattle WA. **Start Table Open:** 9:00 am – 11:00 am. Finish by 2 pm. **Distances Offered:** 5k/10k (1A). **Important Event Information:** Explore Ballard passing the Locks, Nordic Museum, Old Ballard, the Burke Gilman trail, and a few of the many breweries now open along the route.

September 19, 2026 – Talk Like a Pirate Day Vancouver WA. The Vancouver USA Volkssporters Club is hosting a “Talk Like a Pirate Day” walk. **Start/Finish Location:** Vancouver Girls Softball Association, 800 NE 117th St, Vancouver WA. **Start Table Open:** 8:00 am – 12:00 pm. **Distances Offered:** 5k/10k (1A). **Important Event Information:** Come dressed like a pirate with your favorite pirate voice.

September 19, 2026—Oktoberfest Mt Angel OR. The Willamette Wanderers are hosting a walk in conjunction with Mt Angel’s annual Oktoberfest. **Start/ Finish Location:** Biergarten (Festhalle) at the festival, 500 S Wilco (Hwy 214) at Garfield. Look for start table as the south side of the venue. **Start Table Open:** 9:00 – 12:00 pm. **Distances Offered:** 5k/10k (2A). **Important Event Information:** Enjoy a walk at the annual Mt Angel Oktoberfest. The 10k includes the Mt Angel Abbey on a hillside providing panoramic views of the Valley. The Festival has many activities.

2027 Convention Hotel Link



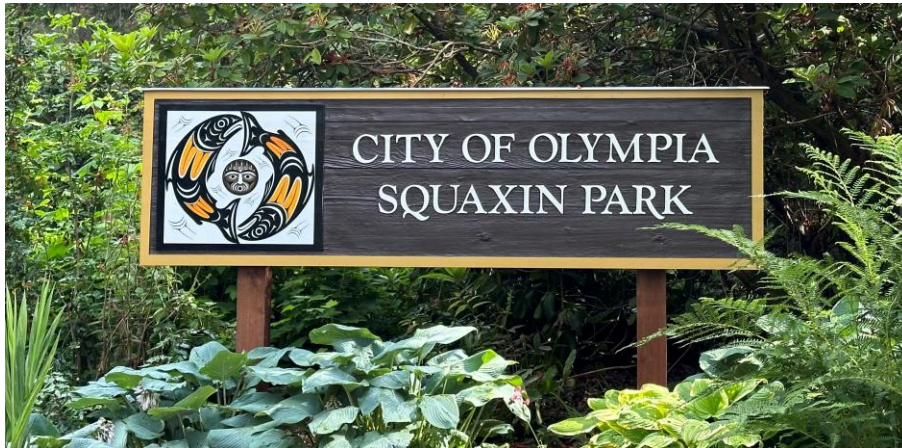
The AVA was advised by the University Plaza Hotel that the reservation link would be live by July 4, 2026. This is why the AVA posted it on our convention website and in the Checkpoint. However, the current link does not allow you to reserve rooms in July. This was an error by the hotel's system and we are now being advised hotel reservations for July will not be allowed until August 1, 2026.

We ask your patience in this matter and advise you do not make hotel reservations until August 1, 2026. There are plenty of rooms at this hotel at a great rate of \$120.00/night which includes breakfast for two. The hotel reservation link is on the AVA's website.



SAVE THE DATE

Capitol Volkssport Club Summer Picnic Invitation



August 20, 2026 4 - 8 PM

CVC members please come and enjoy each other's
company in this wonderful park.

Where: Squaxin Park (formerly Priest Point Park) Shelter #1 near
the Rose Garden, 2600 East Bay Dr. NE, Olympia, WA.

Please carpool if possible.

4:00 - register for 6K scenic level walk

4:15 - start for 6K scenic level walk

6:00 - Potluck Dinner - The club will provide paper products,
water, hot water for coffee and tea, and fried chicken. Members
are asked to bring a potluck dish to share.

No alcohol will be allowed due to the greater cost for rental and
insurance.

Contact people - Sue Hennie - sahennie@comcast.net

Gayle Klostermeyer - glK98133@aol.com



AVA Special Programs beginning in 2027

1. Craft Beer
2. Historic Places of Worship
3. Historic Route 66 – Celebrating 100 Years

For more information on the new special programs beginning in January 2027, visit the AVA website at: cb.ava.org/futureprog.php



Other Walking Links

WA Meetup Groups:

[North Puget Sound](http://www.meetup.com/walkers-574) (<http://www.meetup.com/walkers-574>)

[South Puget Sound](http://www.meetup.com/south-sound-walkers) (<http://www.meetup.com/south-sound-walkers>)

[NW WA, Olympic Peninsula, Kitsap Peninsula](https://www.meetup.com/nw-washington-and-olympic-and-kitsap-peninsula-walkers) (*private group)
(<https://www.meetup.com/nw-washington-and-olympic-and-kitsap-peninsula-walkers>)

OR Meetup Groups:

[Portland and SW Washington](http://www.meetup.com/Walking-Oregon-and-SW-Washington)

(<http://www.meetup.com/Walking-Oregon-and-SW-Washington>)

[Willamette Valley and Mid-Coast Walkers](http://www.meetup.com/Willamette-Valley-and-Mid-Coast-Walkers)

(<http://www.meetup.com/Willamette-Valley-and-Mid-Coast-Walkers>)

NW State Volkssport Associations:

[Evergreen State Volkssport Association](http://www.esva.online) (ESVA) (www.esva.online)

[Oregon Trails State Volkssport Association](https://www.otsva.org/) (OTSVA) (<https://www.otsva.org/>)

National and International Associations:

[American Volkssport Association](http://www.ava.org) (AVA) (www.ava.org)

[International People's Sports Federation](https://ivv-web.org/) (IVV) (<https://ivv-web.org/>)

[Canadian Volkssport Federation](https://walks.ca/) (CVF) (<https://walks.ca/>)

[IVV Americas & Oceania](https://www.ivv-ao.org/) (IVV-AO) (<https://www.ivv-ao.org/>)

International Marching League Organizations:

[International Marching League](https://imlwalking.org/index.php?page=home.html) (IML) (<https://imlwalking.org/index.php?page=home.html>)

[Texas Trail Roundup](https://texastrailroundup.org) (February) (<https://texastrailroundup.org>)

[Maple Leaf March](https://marchemapleleafmarch.ca/) (October) (<https://marchemapleleafmarch.ca/>)

[US FreedomWalks Festival](https://www.usfreedomwalk.org/) (October) (<https://www.usfreedomwalk.org/>)

Upcoming Traditional Events by Region (by week, by month or by year):

<https://my.ava.org/regional-te-list.php?time=month&rsl=NW>

**Private Group – you must specifically join the group in order to receive notifications of upcoming walks.*

Astoria, Oregon
September 24-27, 2026
"Walking in the
Footsteps of Lewis and
Clark"
OTSVA hosted event



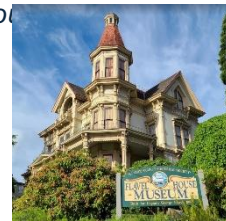
The Astoria Column



*Columbia River
Maritime Museum*



*Wreckage of the Peter
Iredale-Hammond*



Flavel House

Northwest Region Walkfest "Walking in the Footsteps of Lewis and Clark"

Enjoy six new events in and around the seaside town of Astoria, Oregon. Come join us as we walk, hike, and bike this beautiful Northwest area where the mighty Columbia River meets the Pacific Ocean. There will be a social on Friday and a dinner on Saturday for you to connect with walking friends, old and new. Come explore with us!

MAKE YOUR RESERVATIONS NOW at Holiday Inn Express and Suites Astoria
204 West Marine Drive, Astoria, Oregon 97103

GROUP LINK: [Holiday Inn Astoria](#)

Or call at 888-898-6222 and mention Group code WCG

Northwest Region Walkfest “Walking in the Footsteps of Lewis and Clark”

In 2026 the AVA will be celebrating its’ 50th Anniversary. The AVA main web page has info on the 17 walk events being held across the US to celebrate this event. These walking events are open to anyone to join for a day or the entire length of the multi-day walkfest. The NW Region will be hosting a 50th Anniversary event, 'Walking in the Footsteps of Lewis and Clark' in Astoria OR. Located at the mouth of the Columbia River at the Pacific Ocean, Astoria is Oregon’s oldest city and the first permanent U.S. settlement west of the Rockies. In conjunction with the NW Regional Conference, the Oregon Trails State Volkssport Association will feature daily walks and social events.

Lodging: Holiday Inn Express and Suites, 204 W Marine Drive Astoria, OR 97103

Phone: 888-898-6222. When making reservations, please mention the group code **WCG**.

Note: We have a limited number of rooms reserved for this event. Rooms are either 1 king bed or 2 queen beds for \$199 per night. The reservation includes breakfast at the hotel. There are other lodging options available in Astoria and other small communities nearby.

Suomi Hall Registration/Pre-Registration Center

Address: 244 W Marine Drive Astoria, OR 97103

Registration/pre-registration Hours:

Thursday, September 24 through Saturday, September 26 - 8:00AM - 4:00PM

Sunday, September 27 - 8:00AM- 12:00PM

Friday, September 25 - *Meet and Greet* (pizza and salad) – estimated from 5:30-8:00 PM.

Saturday, September 26 - *Banquet Dinner* - 5:30PM -8:30 or 9:00PM. We will have an MC.

NOTE: These times may change as we get more information.

Tee Shirts:

There are short sleeve and long sleeve tee shirts with the logo shown below for the event: You'll be able to order them when you register. **Registration will open in May 2026.**



Note: Check Facebook and the Oregon Trails State Volkssport Association’s website for future updates. Thanks.

REMINDER OF 2026-27 CLUB DUES



This is my usual reminder that club dues need to be paid by September 15th. They can be mailed to me before that date or bring them to the August picnic.

Dues are as follows:

\$8 for members under 55

\$6 for members over 55

\$12 for family membership

Mail to:

Sheila Morrison

6634 Milano Ct SE

Olympia, WA 98513



CVC Photo Gallery

Contributors: Ian and Julie Heath and Karen Younkings

Canadian Conference – Yellowknife NWT





Surviving thunder & lightning in Westport on 7/16/26



Tacoma Point Defiance Walk



Club trip to Bellevue



Bonnie & Dale



DVVA and CVC walking in Tumwater

Note:

Regarding the CVC Club Officer and Contact List, if you do not wish your phone number and e-mail address included in the list, please let Diane know and it will be replaced with the text “See Club Roster.” Thanks.