



April, 2011

CAPITOL VOLKSSPORT CLUB MEETING

April 12, 2011

*Apollo's Pizza and Pub
2010 Harrison Ave NW*

*There will either be no Board Meeting, or there will be an Online Board Meeting
in the days before the Membership Meeting*

*6:00 PM No Host Dinner
7:00 PM membership Meeting*

EVENT AND DISTANCE AWARDS RECEIVED BY OUR CVC CLUB MEMBERS

EVENTS

DISTANCE



Mike Extine



Mike extine

1000 km



Cindy Extine



Susan Berry

10000 km



Susan Berry

800

Congratulations and keep walking!



NEWS FROM THE TRAIL

CAPITOL VOLKSSPORT CLUB APRIL 2011 THURSDAY MORNING WALKS

DATE	TIME & LOCATION	EVENT	CARPOOL INFORMATION
Thursday, April 7	10 am Safeway Food and Drug 3215 Harrison Ave NW Olympia	YRE 0657 Evergreen State College 11K difficulty level 2 State and Local Club Challenges: Thurston County, All Clubs, Foun- tain/Artwork, and Forest	Meet at Safeway on Harrison to register then drive to The Evergreen State College for start point. Small parking fee at The Evergreen State Col- lege
Thursday, April 14	10 am Mason General Hospital Build. #1 (employees en- trance) 901 Mt. View Drive Shelton	YRE 0405 Sheltonville 10K difficulty level 1+ State and Local Club Challenges: Mason County, All Clubs, Clock Tower, Post Office, Fire Station, Forest, Val- ley/Gorge, Statue, and Murals	Carpoolers meet at 9:15 am Top Foods Parking Lot Near Pier 1 Drive time approx 30 min.
Thursday, April 21	10 am Grand Mound AM/PM 19704 Old Hwy 99 (Shell Station) Rochester	Seasonal Y0945 Grand Mound- Scattercreek Wildlife Area Walk 10K with 6K and 5K op- tions Difficulty level 1+	Carpoolers meet 9:30 Tumwater Fred Meyer Park- ing lot near Starbucks Drive Time approx 20 min
Thursday, April 28	10 am DuPont Store/76 Station 100 Barksdale Ave DuPont	YRE 0193 Boyhood Memories 10K difficulty level 2+	Carpoolers meet at 9:30 am Martin Way Park 'n Ride At the back of the lot Drive time approx 20 min After registering at DuPont Store drive to start point

For more information contact:

Linda Polzin at 360-943-8858 cell 360-481-7119 or lpolzin@thurston.com

IF YOU PLAN TO MEET WALKERS AT THE STARTING POINT, PLEASE CONTACT LINDA.

Please check www.capitolvolkssportclub.org for any update or changes to these walks

Come Walk With Us . . .

It's between 9 and 9:30 am on any Thursday morning. Cars are driving to the back of the Martin Way Park and Ride, or perhaps the west side Top Foods lot, or maybe even the Tumwater Fred Meyer. Men and women are getting out of their cars and talking to each other. Then they are gathering packs, walking sticks, water bottles and taking them with them as leave their own cars and ride away with their friends. Last Thursday four carloads of these people made up a caravan on the northbound lane of I-5 and then again on Steilacoom Blvd.



What is going on??

These are the Capitol Volkssport Club members and friends who get together each Thursday, often drive a short distance, and then walk 10K together. Walks begin at 10 am, and some walkers prefer to meet at the starting point. Since the first week in January, the weekly walks changed from Friday to Thursday, and the attendance has been phenomenal. Over thirty different people have participated in these walks, and the number of weekly walkers is usually between 15 and 18. Several brave souls who didn't know anyone else in the group have come to the walks and then returned week after week. What a great way to make new friends and exercise at the same time! Sometimes we are joined by local people where we are walking who have read about the event in their paper and just want to check us out and get some exercise.

Occasionally walkers don't return, but we are working hard at trying to make everyone feel welcome. We don't usually walk as an entire group, but rather in smaller groups. Then when one group gets too far ahead or can't see the last group, we stop and wait for people to catch up.

Linda Polzin has set up an interesting and varied walk schedule for us for the past year. During the spring and summer months we may be driving a little further than usual, but Linda is trying to keep the driving to under an hour. In addition to walking in the greater Olympia/Tacoma area, walks are planned for Gig Harbor, Eatonville, Orting, and Winlock, where you can get your picture taken with the world's largest egg!

Some people think that the best part of the walk is the lunch that follows. We generally choose a restaurant in the area where we are walking, and as many as can possibly stay do so, and the visiting continues. On Saint Patrick's Day, we had lunch in Chehalis. One of our first timers was a lady named Pat. She was celebrating her birthday that day, and another couple in the group was celebrating their anniversary. Twelve of us stayed for lunch and hope that we helped make a memorable day for these new friends. Someone commented that we spent as much time at the restaurant that day as we had spent walking! Oh well!

So if you have been thinking about walking regularly but not doing it, or if you've been walking and are getting tired of the scenery where you do walk, come walk with us, the Capitol Volkssport Club. The list of April walks is published elsewhere in this newsletter and on our website, capitolvolkssportclub.org. If walking in the morning is not your thing, wait. . . evening walks will start in May. Hope to see you on the trail!

Perki Sweet



Capitol Volkssport Club

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The 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 Volkssporting 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 62+; \$12.00 for family. Only \$2.00 charge for our club's YRE. Membership for returning/ongoing members is July. Send membership dues to : **CVC , P.O. Box 2778 Olympia WA 98507**

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

“Education is when you read the fine print. Experience is what you get if you don't.”
— Peter Seeger —

Newsletter deadline

Thursday, April 28, 2011.

Anything that you want to include in the newsletter call Harry at (360) 432-2318 or mail it to: H. Saukants, P.O. Box 2378, Shelton, WA 98584, or
E-mail: harisauk@peoplepc.com

