

July 2012



July 10. 2012 Meeting at Tumwater Historical Park

Pot Luck dinner at 6:30

The board will supply hot dishes, plates, silverware, and drinks.

Please bring a salad or dessert.

There will be an 11K walk starting at 4:00 pm.

A 5K walk starts at 5:30.



Senior Games Volkssport

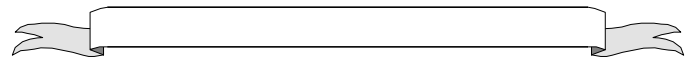
Event

On July 28th we are again partnering with the Washington State Senior Games to sponsor a walking event in conjunction with the games. Starting from the Tumwater High School stadium, the walk includes much of Tumwater's south end.

We appreciate so much how CVC members and friends step up to the plate and help out with our events. We need workers for most time slots on Saturday, July 28th, so please email or call Karen or Jim Younkins, and we will happily sign you up for a job.

Our workers' walk will be at 6:00 P.M., July 27th, at Tumwater High School stadium, south entrance.

Thanks so much,
Karen and Jim
jcyounkins@comcast.net
360-357-9185

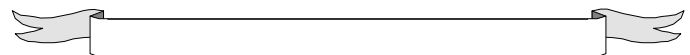


Welcome new members

Steve & Laurie Carley &
Cindy Lawrence



*Welcome to our club and
see you on the trail!*



NEWS FROM THE TRAIL...



CAPITOL VOLKSSPORT CLUB
THURSDAY MORNING WALKS

July 2012

DATE	TIME & LOCATION	EVENT	CARPPOOL INFORMATION
Thursday, July 5	10 am 76 station/store 100 Barksdale Ave N DuPont	Visions of the Old and New DuPont YRE 995 10K Difficulty level 1A	9:30 am Martin Way Park 'n Ride At the back of the lot. Drive time approx 20 min.
Thursday, July 12	10 am Boathouse Marina and Tackle 5400 North Pearl Tacoma	Tacoma Pt. Defiance Park YRE 366 10K Difficulty level 2B	9:15 am Martin Way Park 'n Ride At the back of the lot Drive time approx 40 min
Wednes- day. July 18	9:45 am Centralia Train Station 210 North Railroad Ave Centralia Meet walkers from Portland and Longview arriving by train for this great walk	Centralia Historic YRE 957 10K with 5K option Difficulty level 1A	9:15 am Starbucks on the corner of Trosper and Littlerock Rd in Tumwater by Fred Meyer. Drive time approx 30 min. One time only - Bonnie will bring registration book and stamp to depot
Thursday, July 26	10 am Spar Coffee Bar 2123 N 30th St Tacoma	Tacoma Downtown YRE 1262 11K Difficulty level 2A	9:15 am Martin Way Park 'n Ride At the back of the lot Drive time approx 30 min

LOOKING AHEAD: The August 16th Thursday walk is Northwest Trek in conjunction with the 2012 NW Regional Volkssport Conference. An entry fee to NW Trek is required. Regular admission is \$18.00 and seniors \$16.00. All tickets include the Tram ride. Discount entry tickets of \$11.50 are available from ESVA but **deadline for ordering a group rate ticket is July 15.** Discount group tickets can be obtained by visiting the ESVA website at esva.org. Fill out the conference registration form and return it to ESVA with your payment. You do not need to pay the conference registration fee. Just mark the Admission to NW Trek line and if you are walking for credit you can also pre-register for the event. The tickets will be available either at the NW Trek entry booth or at the walk registration table. It depends if the registration point is inside or outside of NW Trek entry gate. If you have signed up for the Salmon Bake at NW Trek, your discounted entry ticket is included.

For Additional Information contact

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

Notes from the Gorge . . .

Fifteen members of the Capitol Volkssport Club and one dog had an outstanding walking weekend at the Columbia River Gorge Biennial Classic held June 14-17. This article is a combination of pictures and thoughts from some of those members.

Bonnie Tucker . . . Multnomah and Wahclella Falls (Overlook to Bonneville Walk) were my favorite water-



Multnomah Falls

falls out of the multitude of gorgeous "water features" we enjoyed. I tried to do as many walks through the woods and away from the road as possible. However, it was fun hiking the Historic Cascade Highway on the Mosier Tunnels Walk and looking at the breathless views across the Gorge. I enjoyed hiking with CVC friends, as well as seeing friends from around the Northwest

and Canada.

The Native American presence was felt from the statue of Sacajawea at the Cascade Locks Marina, to the natives fishing from platforms at the locks and fishing from the shore at Fort Cascade. We saw them selling their fish, and we enjoyed some of their salmon at the social. We also were privileged to see traditional dancing by members of the Confederated Tribes of Warm Springs.

Our hosts, the Columbia River Volkssport Club, were flexible and customer-service conscious, creating a great weekend of fun, fitness, and fellowship. Over 650 people attended the festival, with groups coming from Italy, Canada, the East Coast and Midwest, as well as Colorado. My hope is that we can create a mini-Gorge festival next February with Seabreeze.

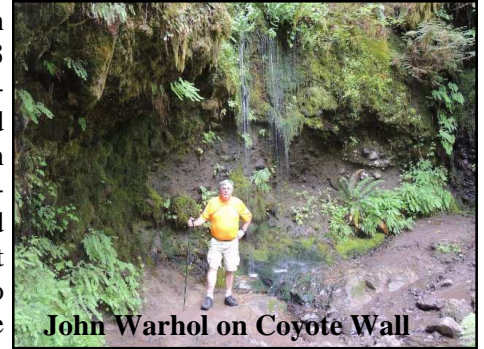
John Warhol . . . The Coyote Wall walk was rated a 5C. You



Group walk at Coyote Wall

could only walk it as a guided walk and it was only offered once a day.

I walked it on Friday with 23 other volkssporters. We carpooled to the Washington side of the Columbia River and then went east about 10 miles to the trailhead. The first part of the



John Warhol on Coyote Wall

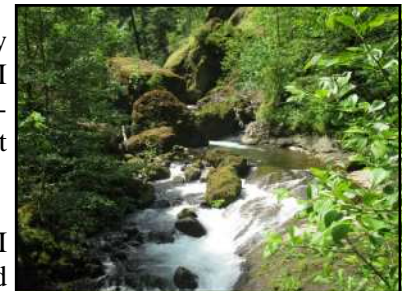
walk was all up hill and there was very little shade. Once we got to the top, we crossed over to a second



Lloyd, Susan, Elizabeth and Peggy on Starvation Creek trail

ridge line and then headed down. There were some portions of this trail that were very steep and the footing was not the best thus the rating of 5C. It was a tough but

fair hike and I probably would not do it again. I do feel a sense of accomplishment having done it once.



Carolyn Warhol . . . I particularly appreciated the group walks that were planned each morning. There was a group leader for a 5K, Joe Titone, and a group leader for the 10K, Dick Baker. We all started the same trail on the same day and then split when the 5K walkers turned back. There were 5K routes for Starvation Creek, Ft. Cascade, Bonneville Overlook, Cascade Overlook, and the Town Walk. John and I took our bicycles down and although we weren't quite ready for the ups and downs of the bike route, we did do a shortened version of it. The bike route included going through the Mosier Tunnels along old Highway 30.

Peter Sweet . . . Dog Mountain - I was attracted to Dog Mountain, despite its alarming "5C" rating, by the promise of legions of wildflowers and endless vistas, and talked Perki into having a go. Let me begin by saying that everything in the description of the walk was true: the steepness, the flowers, the views, all were as advertised. Some Canadians who did the walk earlier

(Continued on page 4, Ed.)

stated that it was a “hike” rather than a “walk,” and this was a true report. The walk began by hiking steeply through nice forest, and abundant poison oak, then continued steeply around the back side of the mountain, eventually leaving the forest after reaching the end



Perky and Peter at Summit

of a muddy ridge (how does a ridge get muddy, anyway?) to emerge in the promised wildflowers: more wildflowers than you could possibly imagine. After looking around a bit, we took the



obligatory summit photo and headed down. Going up took three hours, and going down wasn't much faster, due to my desire to remain in control of my descent. Near the

bottom, Perki encountered a rattlesnake, who thankfully was as unnerved by her as she was by him. Following this descent, we had a much delayed, but excellent, lunch at the Big River Grill in Stevenson. From this experience we learned a) we can still do a hike like this b) but maybe we don't want to anymore c) my shoes were inadequate for this sort of trail and d) maybe taking the gondola up to Crystal Mountain and walking down in August isn't as great an idea as it initially sounded.

After Dog Mountain, we felt the need for something horizontal for our next walk, so chose Fort Cascade (rated “1B”). This walk goes from just below Bonneville Dam, along the Washington side of the River for a mile or two, through an area featuring an old military fort (built to protect the locks), houses, a hotel, a railroad, and a variety of other items, almost all of which have subsided into the underbrush, leaving few

traces other than the signs indicating that they used to be there. In spite of the invisibility of most of the historical items (the railroad remains), the walk was pleasant, and FLAT, trending along the river through nice woods, with birds singing, etc. After a bit we came to a salmon smolt sampling station, featuring an interesting description of how and why the young salmon are apprehended, what happens to them afterward, and the measures employed to keep the birds from eating them during the process. Emerging from the forest, we walked for a while through open grasslands, with modest numbers of flowers and views of the surrounding mountains. We walked through this for a bit, then reached the turnaround, and retraced our path, with variations in the woods, where we passed a different set of historical items, many of which were also invisible. —Perky—



Some comments from news editor...

I am glad to see that our club members enjoyed the Columbia River Gorge Biennial Classic. I've done it a number of times. Particular, I enjoyed the Mosier Tunnel walk. In early 50ties, when there were no freeways I've driven thru it number of times. Harry





Capitol Volkssport Club
P.O. Box 2778
Olympia WA 98507



CVC OFFICERS

President — Vacant
Vice-P. — Elizabeth Mooney (360)-359-3303
 E-mail: esmooney@hotmail.com
 Susan Berry (360)-556-0683
 E-mail: lsberry@comcast.net
Secretary — Ann Spargo (360)-753-6812
 E-mail: aspargo@comcast.net
Treasurer — Sheila Morrison (360) 923-5381
 E-mail: Sheila.morrison@comcast.net
ESVA Rep. — Bonnie Tucker (360) 491-4767
 E-mail: bonniedale@comcast.net
Membership — Karen Younkins (360) 357-9185
 E-mail: jcyounkins@comcast.net
News editor — Harry Saukants (360) 432-2318
 E-mail: hjsaukants@q.com
Publicity — Perki Sweet (360) 459-8167
 E-mail: pandpsweet@gmail.com
Webmaster — Peter Sweet (360) 459-8167
 E-mail: olysweetp@yahoo.com



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.

Yearly Dues Are Due in July

Yes, it's hard to believe, but it's true. A year has passed since many of you paid your CAPITOL VOLKSSPORT CLUB dues. Don't miss out, renew today!

CVC dues are still only \$8.00 - individual; \$12.00 - family; \$6.00 - seniors 62 + years. Members pay only \$2.00 for credit for each CVC sponsored walk. What a bargain!

You may send a check to the following address (Capitol Volkssport Club, P.O. Box 2778, Olympia, WA 98507) or pay Karen at our picnic on July 10th.

See you on the trail!

Karen

CVC Website: www.capitolvolkssportclub.org

AVA Website: www.AVA.org

Evergreen State Volkssport Association: www.ESVA.org

*"All truly great thoughts are conceived by walking."
- Friedrich Nietzsche -*

Newsletter deadline

Tuesday, July 31st, 2012

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