

Capitol Volkssport Club

NEWSLETTER

September, 2015

CVC Board meeting Tuesday, September 8, 2015 at 5:30 PM at Izzy's Restaurant, 3540 SE Pacific Ave. in Olympia

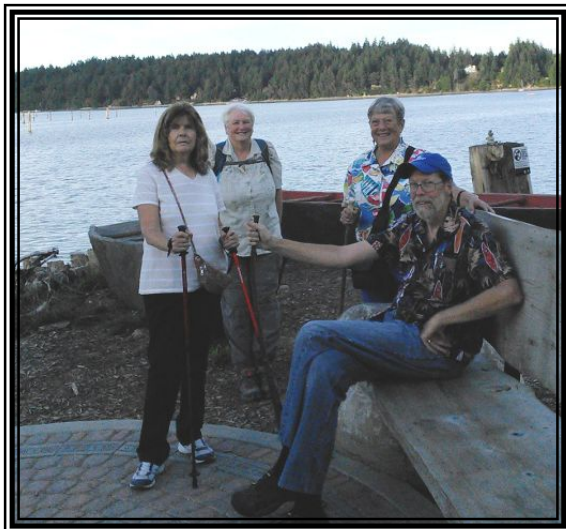
August has been a busy month. A big highlight was the annual CVC pot luck picnic. This year it was held at Priest Point Park. We were led in an interesting new walk by Bill Spaulding. It was a hot evening, but the walk was great! We had a lot of food and cold drinks when we got back. So good! I think we could have stayed till the wee hours eating it all. The best part was honoring our three life time members. Susan Berry, Val Lance, and Harry Saukants were all at the picnic. It was a great honor to present these three with certificates showing our appreciation for their long time commitment to our club along with all the work they have done for CVC and Volkssporting.

There also has been a lot of walking going on this month. Several CVC members traveled to Point Roberts for a wonderful walk after driving across the border and back. What fun! Our weekly walks' attendance has been good. It is wonderful to see new faces joining us, too. It is also good to know that volkssporters walk in rain and hot sunshine! It has been quite a summer.

Looking ahead to September, our board meeting will be September 8 at Izzy's Pizza with no host dinner at 5:30 and meeting at 6:15. There also is the fun Whidbey Walking Festival September 11-13. I am also looking forward to the Great Columbia Crossing on October 11. If you are planning on this walk, be sure to sign up online at www.greatcolumbiacrossing.com 3500 walkers, it is closed to anyone else.

One more reminder. In January all our advertising for our weekly walks will state to be at the start point at 9:45. Walks will begin at 10:00 sharp including remote starts. I am working on leaving my house a little earlier to accommodate this change so I will be ready in January!
Happy Walking!
Liz

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CVC at Woodard Bay on a lovely Tuesday evening in Olympia. This was the last Tuesday evening walk of the year due to decreasing daylight.

NEWS FROM THE TRAIL...



Upcoming Walks - September 2015

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Thursday September 3	10:00 AM Safeway 1405 East Main St Puyallup	Puyallup Town Walk YRE 0242 10K with 5K option 1A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 45 min.
Monday September 7	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 10	10:00 AM Aberdeen Hotel (formerly Guesthouse Inn and Suites) 701 E Heron St Aberdeen	<u>Aberdeen Town and Water- front Walk</u> YRE 0656 12K with 5K option 2B	9:00 AM Meet at the Westside Top Foods parking lot near Pier 1 Imports. Drive time approx 1 hour. In Aberdeen, turn left onto Kansas St. at Bur- ger King just before bridge to downtown.
Monday September 14	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 17	10:00 AM 76 Station and Store 100 Barksdale Ave N DuPont	Visions of the Old and New DuPont Walk YRE 0995 10K 1A	9:30 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 20 min.

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Monday September 21	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.
Thursday September 24	10:00 AM Yelm Safeway 1109 Yelm Avenue E (Hwy 507) Yelm	Yelm Town and Trail Walk YRE 1657 11K with 5K option 1A	9:15 AM Meet at Martin Way Park&Ride at the back of the lot. Drive time approx 30 min.
Monday September 28	2:00 PM Bayview Thriftway Deli 516 - 4th Ave Olympia	<u>Olympia local walk starting at Bayview</u> Varies 1A	N/A Pick up parking pass in walkbox to park in Bayview Parking Lot.

*** For Monday walks, please contact Jeanne (360-790-4600 or email kokolo@olywalking.net) to ask questions about the walks or make start point meeting arrangements.

*** For Tuesday walks, please contact Perki (360-459-8167 or email pandpsweet@gmail.com) to ask questions about the walks or make start point meeting arrangements.

*** For Thursday walks, please contact Linda (360-943-8858, cell 360-481-7119, e-mail lpolzin@thurston.com)

to ask questions about the walks or make start point meeting arrangements.

*** If you are a rider in a carpool, please feel free to offer the driver gas money.

If you are the driver in a carpool, please feel free to accept or refuse gas money if it is offered.





Certificates of Award were given to our new lifetime members Susan Berry who joined in 1998, Val Lance who joined in 1992 and Harry Saukants who joined in 1988. The awards were presented at CTC's Annual Picnic at the Priest Point Park Rose Garden in Olympia, August 11, 2015.

And here are more photos from August 11, 2015 picnic...



CVC members walk at Point Roberts

Eleven members of the Capitol Volkssport Club joined 150 others at the Point Roberts walk on Saturday, August 15, for an international walking event. Point Roberts is a unique part of Washington State situated on a peninsula reached by driving through southwest British Columbia. It took four border crossings for Washingtonians to do this walk. . . but it was worth it!

After a very wet Friday, it was pleasant to have the sun shine on us as we walked around Point Roberts. The walk began along the beach beside the Strait of Georgia and continued through a park and a marina. At one point we were walking down the road in a residential area with Canada on the right and the USA on the left. When we came to the historic boundary marker #1, we had fellow walkers take our picture. This was Bob and Sheila's first "Border Crossings" stamp in their book! For Peter and Perki, Whatcom County completed their 39 Counties challenge!

The walk culminated with burgers, salad and drinks at Kiniski's Reef Tavern. It was great to sit down and visit with friends after the 11K walk. Thanks to the NW Tulip Trekkers for hosting such a fun event!



2015 GREAT COLUMBIA CROSSING OCTOBER 11, 2015

Whether you're an experienced runner or looking for a family friendly event, the Great Columbia Crossing 10k appeals to everyone. The Great Columbia Crossing 10k run is an OFFICIAL USA Track & Field Certified Event (#OR12025LB).

Experience the glory of the Great Columbia River as you trek across the Astoria Megler Bridge during this unique opportunity to walk/run across the bridge! The 10k offers a scenic adventure on a fairly flat road with one STEEP incline to the peak of the bridge. It is the longest continuous truss bridge in North America.





Capitol Volkssport Club
Olympia WA 98507



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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 CVC dues are:

\$8.00 (individual) per year; \$6:00 for 55+; \$12.00 for family. Only \$2:00 charge for our club's YRE walks. Membership for returning/ongoing members is July. Send a check made out to CVC, addressed to Karen Younkins, 711 Eastside St. NE, Olympia WA 98506.



CVC Website: www.capitolvolkssportclub.org
AVA Website: www.AVA.org
Evergreen State Volkssport Association: www.ESVA.org

It is exercise alone that supports the spirits, and keeps the mind vigor..

— Cicero —

Newsletter deadline

Wednesday, September 30, , 2015

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