



## NEWSLETTER

August, 2017

*CVC Annual Membership Picnic will be on Tuesday, August 8, 2017 at Tumwater Historical Park, 802 Deschutes Way SW, Tumwater .*

*See the special note on page 5 for detailed information!*

*July has been another busy walking month for our club. We can thank Linda Polzin for her wonderful schedule of Thursday walks and Perki Sweet for keeping the Tuesday night walks diverse. Some of the places traveled on Tuesday and Thursday this month were Port Gamble, Millersylvania, Tacoma, Tenino, and Hoquiam. August will not disappoint, either, with walks in Burfoot County Park, Eatonville, Montessano, Westport and Gig Harbor.*

*We also will be pretty close to the total eclipse in August. That is exciting. It would be amazing to travel to Oregon to be in the pathway. There actually is a walk in Stayton Oregon on Monday, the 21<sup>st</sup>. It is around a three hour drive from Olympia but traffic will probably be pretty bad. Another fun walk closer to home is the Naches Loop with the Daffodils on their regular Wednesday walk the 23<sup>rd</sup>.*

*Picnic time is coming for our August Meeting. The meeting will be held at Tumwater Historical Park, 802 Deschutes Way SW, Tumwater. We will have a 5K walk led by Chase at 4:00 for those who want to join in. Dinner will be at 5:30 when we are all back. There will be a very brief meeting after dinner.*

*Happy  
Walking  
Liz.*



## NEWS FROM THE TRAIL...



## Upcoming Walks - August 2017

Date	Time/Location	Event/Distance/Rating	Carpooling Info ***
Tuesday August 1	Register by 5:45 PM Walk leaves at 6:00 PM  Burfoot County Park 6927 Boston Harbor Road NE Olympia	Burfoot County Park and Boston Harbor Walk 9K 2C	N/A
Thursday August 3	Register by 9:45 AM Walk leaves at 10:00 AM  Arrow Lumber and Hardware 388 Center St E Eatonville	Eatonville Walk YRE 0104 10K with 5K option 2B	Meet at Martin Way Park&Ride at the back of the lot.  Be early - carpools leave at 8:45 AM  Drive time approx 1 hour.
Monday August 7	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday August 8	*** No Walk ***	You could come to the <a href="#">CVC Annual Potluck</a> at Tumwater Historical Park instead.	*** No Walk ***
Thursday August 10	Register by 9:45 AM Walk leaves at 10:00 AM  Beehive Restaurant 300 Main St Montesano	<a href="#">Montesano Town and Lake Sylvia Walk</a> Seasonal YRE 0941 10K with 5K option 2C	Meet at Westside Haggen Foods near Pier 1 Imports.  Be early - carpools leave at 9:00 AM  Drive time approx 40 min.  A <b>Discover Pass</b> is required for park entry.
Monday August 14	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.



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Tuesday August 15	Register by 5:45 PM Walk leaves at 6:00 PM  Tumwater Safeway 520 Cleveland Ave Tumwater	<a href="#">Tumwater Historic Parks Walk</a> YRE 1743 11K with shorter options 2B	N/A
Thursday August 17	Register by 9:45 AM Walk leaves at 10:00 AM  Shop 'N Kart Grocery 108 South Montesano St Westport	<a href="#">Westport Walk</a> YRE 0837 10K or 11K or 12K with 5K option 1A	Meet at Westside Haggen Foods near Pier 1 Imports.  Be early - carpools leave at 8:00 AM  Drive time approx 1 hour 30 min.
Monday August 21	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday August 22	Register by 5:45 PM Walk leaves at 6:00 PM  Lacey Safeway 6200 SE Pacific Lacey	<a href="#">Lacey College and Park Walk</a> YRE 0950 10K with 5K option 1B	N/A
Thursday August 24	Register by 9:45 AM Walk leaves at 10:00 AM  Spar Coffee Bar and Cafe 2121 North 30th St Tacoma	Tacoma Waterfront/Historic District Walk YRE 1263 11K with 5K option 1A	Meet at Martin Way Park&Ride at the back of the lot.  Be early - carpools leave at 9:00 AM  Drive time approx 30 min.
Monday August 28	2:00 PM Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Olympia local walk starting at Bayview</a> Varies 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.
Tuesday August 29	Register by 5:45 PM Walk leaves at 6:00 PM  Bayview Thriftway Deli 516 - 4th Ave W Olympia	<a href="#">Bayview to Priest Point Park Walk</a> YRE 0260 10K 1A	N/A  Pick up parking pass in walkbox to park in Bayview Parking Lot.  <b>This is the last Tuesday evening walk for the year due to shorter days.</b>

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<p>Thursday August 31</p>	<p>Register by 9:45 AM Walk leaves at 10:00 AM  Harbor General Store 7804 Pioneer Way Gig Harbor</p>	<p>Gig Harbor Historic Waterfront Walk YRE 1234 10K with 5K option 2A</p>	<p>Meet at Martin Way Park&amp;Ride at the back of the lot.  Be early - carpools leave at 9:00 AM  Drive time approx 45 min.  Toll southbound on Narrows Bridge.</p>
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\*\*\* 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, e-mail 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.

**Welcome new member**

**Shirley Williams**

***Welcome to our club and keep walking!***



## *CVC Special Event*

### **Walk and CVC Annual Potluck - Tuesday, August 8, 2017**

**Event:** Tuesday afternoon walk and CVC Annual Potluck.

**Description:** This is CVC's annual summer potluck. A 5K walk will be offered in the afternoon prior to the potluck, and will start at 4:00 PM at the picnic shelter at Tumwater Historical Park.

The walk will be followed by the CVC annual summer potluck (please bring food for this), which is planned to start about 5:30 PM. It is possible that a short business meeting may occur during the potluck. Please feel free to attend the walk, the potluck, or both as you choose. This event takes the place of the regular second Tuesday CVC meeting for August.

**Driving Directions:** From I-5 Northbound or Southbound: Take Exit 103, then follow signs to Tumwater Historical park. Parking is available in the park. Meet at the picnic shelter in the park.

**Start/Finish Times:** Walkers should be at the picnic shelter at 4:00 p.m. The potluck will begin at about 5:30 p.m. following the conclusion of the walk.

**Facilities/Pets:** Restrooms and water will be available at the start and finish. Pets are permitted. Owners must observe leash and clean up laws.



# Capitol Volkssport Club Olympia WA 98507



## CVC OFFICERS

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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.

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### 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](http://www.capitolvolkssportclub.org)  
**AVA Website:** [www.AVA.org](http://www.AVA.org)  
**Evergreen State Volkssport Association:** [www.ESVA.org](http://www.ESVA.org)

*"The longest journey begins with a single step."  
—Lao Tsu, Tao Te Ching—*

### **Newsletter deadline**

**Thursday, August 30, 2017**

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